Dr. Robert Stern, BU Alzheimer’s Disease Center, discusses Cornerstone at Canton’s New Treatment Program for Early Memory Loss with ConnectedLIFE Director Julie Wade and Resident Pat Spaulding. Read more on pages 2, 136.

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Most people hope to enjoy a long and healthy life on their own terms. But at some point, if you develop a chronic illness, cognitive impairment or have a disabling injury, you may need help with tasks of everyday living. Having a plan in place in case of a long-term care event is an important step to help preserve your quality of life and your financial security. And it gives you and your loved ones the confidence to take on anything that comes your way.
A common goal for anyone reading this article is the eventual eradication of Alzheimer’s disease (AD). The numbers are staggering! There are over 5 million Americans with AD dementia and this number is expected to be over 16 million by 2050. One in eight persons age 65 and older, and 1 in 3 persons age 85 or more, currently has AD dementia. In short, we are in the midst of an AD crisis that is growing in size and scope. The good news is that exciting scientific advances in the past few years gives us tremendous hope that new treatments to slow down and even prevent the symptoms of AD will be available in the not-too-distant future. However, the single most important thing that anyone can do to make this happen and to have an impact on the AD crisis is to volunteer to participate in research.

The Boston University Alzheimer’s Disease Center (BU ADC) aims to reduce the human and economic costs of AD through the advancement of knowledge. The BU ADC was established in 1996 as one of 29 centers in the US funded by the National Institutes of Health to advance research on AD and related conditions. At the BU ADC, there is likely a research study for anyone interested in volunteering. There are studies for individuals who already have symptoms and have been diagnosed with AD dementia or mild cognitive impairment (MCI), and there are studies for people who do not have any symptoms. Some studies are clinical trials involving taking an investigational new medicine or placebo to slow down the disease progression (e.g., the DAYBREAK Study) or even prevent the symptoms (e.g., the A4 Study). Some studies do not involve medications, but include new methods of diagnosing and detecting AD, such
as PET scans and MRI scans (e.g., the ADNI study).

Participation in research is not merely a means of moving the science forward; it can also provide important positive benefits to the participant, including a decreased sense of solitude by interacting with a research team who truly understands the disease and its toll on the patient, the caregiver, and family members. And, research participation fulfills that most important need for everyone touched by the disease: a sense of hope. It is shocking how difficult it is for researchers around the country to recruit an adequate number of people willing to participate in AD-related research. Yes, even in Boston! If this little article results in just one person to become enrolled in AD-related research, it would make a tremendous difference. Please help by participating and spreading the word!

If you are interested in learning more about participating in one of these studies, call (617) 414-1077 or email joinadc@bu.edu. To learn more about the BU ADC and the research studies currently available, go to the Center’s website: www.bu.edu/alzresearch.

Editor’s Note: This article was written by Dr. Robert Stern, Professor of Neurology, Neurosurgery, and Anatomy and Neurobiology at Boston University School of Medicine, where he is also Director of the Clinical Core of the BU Alzheimer’s Disease Center (one of only 29 centers funded by the National Institutes of Health, NIH).
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Dementia is a serious diagnosis. It is a chronic, progressive illness that affects every aspect of a person’s life.

It is important to get a second opinion. A thorough evaluation is essential to eliminate other possible causes of confusion, word-finding difficulties, personality changes, getting lost, inability to complete every day responsibilities, or other signs of dementia.

The neurologist is the medical expert in brain diseases. They will identify any reversible causes of the changes; or if they confirm the diagnosis, they can identify the type of dementia. The common forms of dementia (Alzheimer’s Disease, Vascular Dementia, Frontal Temporal Dementia and Lewy Body Disease) each have a unique set of symptoms and different trajectories. Only with an evaluation by a specialist – including history-taking, a physical exam, lab tests, brain scans and neuropsychological tests – can an accurate diagnosis be made. The truth of a diagnosis is your friend, and this truth will guide you in making the best decisions for your future. Expect this process to take a few weeks.

The person with dementia should be told their diagnosis so they can participate in legal and financial planning. An elder care lawyer helps them plan for their own future and make decisions for their future self while they still have capacity. There will come a time that the person with dementia will no longer be able to make health care decisions for themselves. 75% of people with dementia will need the type of care and supervision that is mostly found in nursing homes. Planning for long term care is essential.

A dementia diagnosis is life changing for the family as well as the person with the disease. As the disease progresses, families typically provide care 3-6 hours a day or more. A geriatric care manager is an expert in helping people with dementia and their families discuss difficult topics and face complex issues. They help make short and long term plans, coordinate medical services, evaluate in-home needs and alternative living arrangements. They can provide emotional support and reduce caregiver stress.

With this team in place, the person with dementia and their family will know what to expect and understand their options. And, with ongoing, expert support, they do not have to face the future alone.

Editor’s Note: This article was submitted by Malka Young, LICSW, C-ASWCM, Director of Allies in Aging, 800-655-9553 or help4elders@jfsmw.org. Allies in Aging is a program of JFS of Metrowest in Framingham. See ad page 29.
Getting Started Is Easy

Our guide is divided into 3 distinct sections and divided by color tabs.

1. COMMUNITY RESOURCES AND SERVICES

This section is alphabetical. You will find hundreds of different services and organizations that work with seniors and their families. This includes professional services, such as Adult Day, Care Management, Elder Law, Social Security, Senior Centers, etc...

2. HEALTH AT HOME - HOME HEALTH, NON-MEDICAL HOME HEALTH CARE, AND HOSPICE CARE

This section offers three different comparison grids; the first features Non-Medical and Personal Assistance at home; the second contains Skilled Home Healthcare, and the third grid showcases Hospice Services for end of life care. First Familiarize yourself with the different services that are offered by each agency. You will find definitions about each service at the beginning of this section. Many options exist; we hope this will help you find a provider to meet your specific needs.
First you should familiarize yourself with the many options available and determine which one is best for your needs. You will find definitions of each type of housing at the beginning of the housing section. Then turn to our easy to read comparison grids. The grids are divided into 4 categories, depending on the type of community: Independent Living and Retirement, Assisted Living, Memory Care Assisted Living and Skilled Nursing. The buildings are listed by city or county so you can zero in on the specific areas you are looking for.

You will also find many feature articles throughout the publication. These articles are written by local experts on a variety of topics that can aid you in making the right choices.
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**Caregiving Syndrome**

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LETTER FROM THE PUBLISHER / CONTACT INFORMATION

DEAR VALUED READERS:

Welcome to the Fourth Edition of the Boston Metro West Seniors Blue Book. As members of your local community we are committed to providing you with a comprehensive and easy to use resource guide full of “Resources for Aging Well.” With each new edition we strive to continuously expand the content, scope and quality of the information we include.

Our goal is to provide everyone who uses this Book with the most complete and accurate information available on professional services, homecare options and senior housing. Be sure to review our resource lists and comparison grids to find the best options for your care. In addition, SeniorsBlueBook.com provides you access to this book on-line as well as other books across the country. You may also search for services, read additional articles and find educational and social events.

Our community partners have prepared a host of educational articles on a variety of topics intended to educate you and help you plan. You will notice several articles in this edition on dementia. Learn about the research, housing, services and support available to you. You may also find the articles on other subjects, including aging in place, exercise and technology, informative and educational.

We are very appreciative of the overwhelming response from seniors, their families, and professionals thanking us for providing such a comprehensive, informative and useful resource. We also recognize that this Book would not be possible without the many professionals who have helped us with the development, content and distribution of our books. Special thanks to our Art Director that supported us through hurricanes and relocation.

Please share this book with family members and neighbors. Additional copies are available at over 1200 locations including Senior Centers, Libraries, Areas on Aging and our advertisers. Or give us a call and we will provide you with additional copies.

As always please let people know that you saw them in Seniors Blue Book and support our advertisers, who make this book possible. Let us know how we can improve so we can be sure that Seniors Blue Book will always remain the most comprehensive resource guide for everyone involved with the senior community.

Susan Duggan Arayas, Publisher

Additional copies of this Directory are available FREE at most of the gathering places for seniors. Give us a call at 978.443.8318 and we will direct you to the location nearest you or go to www.SeniorsBlueBook.com and click on the “Find a Book” link to locate your closest distribution points.

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ADULT DAY CARE PROGRAMS

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1 West St, Cambridge 02139
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Disability Law Center – Boston
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617-723-8455

Harvard Legal Aid Bureau
23 Everett St, Cambridge 02138
617-495-4408

Legal Advocacy and Resource Center, Inc
197 Friend St, 9th Fl, Boston 02114
866-778-0939

MA Executive Office of Elder Affairs
1 Ashburton Pl, 5th Fl, Boston 02108
617-727-7750

MA Association of Older Americans
19 Temple Pl, 4th Fl, Boston 02111
617-426-0804

MA Senior Action Council
150 Mount Vernon St, Boston 02125
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Caregiving Syndrome

According to Wikipedia “Caregiving Syndrome is a condition of exhaustion, anger, rage or guilt that results from un relieved caring for a chronically ill dependent.”

As noble and sincere our concern is for our loved one’s well-being, very rare is the caretaker that doesn’t experience one or more of the aforementioned emotion at one time or another. Also referred to as “Caregiver burnout”, the range and increased frequency of these emotions - often kept bottled up-may be understandable but no less dangerous to your, the caretaker’s, own physical and emotional health.

Chronic stress depletes essential immune regulating hormones that help keep colds at bay. Lack of sleep, poor eating habits, and negatively affected job/social obligations are the main ingredients of what’s also known as “Caregiver Fatigue”. According to an AARP study, 1 in 3 caregivers reports suffering from depression and isolation, as well as lack of understanding social interactions... Just as we, the caretakers, would relentlessly advocate for and pursue avenues that would alleviate the negative stressors in our loved ones day, we should heed our own example and elevate our own quality of life to the same level.

Take advantage of your nearby adult day care center. They don’t exist to only provide structured, often medically supervised activities for their participants, but provide caretakers with 6 hours of “ME TIME” for whatever you decide-leisurely shopping, uncomplicated doctor visits, spa day, long overdue visits, even more overdue sleep-it’s self structured time for YOU to recharge.

Join a support group. Area senior centers and elder service agencies have the contact information for a wide variety of support groups. Commiserating with kindred souls that provide support, similar experiences, or possible advice can help with feelings of emotional isolation, especially for those dealing with a spouse with progressive memory loss.

Take up a hobby. A Zumba class. Redecorating the attic. Recording your family history. –Find something that is an extension of YOUR desire or passion. Something that is all your own that brings you a sense of accomplishment. Refer back to that mentally when the stress begins to creep back in.

Whatever the avenue that’s successful for you, make sure to take care of yourself. Not only do you have loved ones depending on it, but you DESERVE it.

Editor’s Note: This article was submitted by Denise Thorud, Marketing and Outreach Coordinator for Windsor House Adult Day Health Care Centers. See page 22.
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<td>37 B St, Burlington 01803</td>
<td>7 Chamberlin Dr, Concord 01742</td>
<td>8 W Main St, Groton 01450</td>
<td>1200 Brush Hill Rd, Milton 02186</td>
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<tr>
<td>781-641-1070</td>
<td>781-270-0339</td>
<td>978-318-0046</td>
<td>978-448-1400</td>
<td>617-333-9387</td>
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**Payment Methods**

- PP = Private Pay
- LT = Long Term
- VA = Veteran Administration
- MA = Medicaid
- MC = Medicare
- HM = Managed Care
- AS = ASAP
- SC = SCO
- O = Other

**Therapy (SPOR)**

- S = Speech
- P = Physical
- O = Occupational
- R = Respiratory

**Personal Services**

- H = Haircuts
- P = Podiatry
- SH = Showers

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<td>36 Bartlett St, Andover 01810</td>
<td>978-623-8320</td>
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<td>Elder Service Plan of the Cambridge Health Alliance</td>
<td>163 Gore St, Cambridge 02141</td>
<td>617-575-5850</td>
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**THERAPIES: S=Speech / P=Physical / O=Occupational / R=Respiratory

***PERSONAL SERVICES: H=Haircuts / P=Podiatry / SH=Showers

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**PAYMENT METHODS:** PP=Private Pay / PI=Private Insurance / LT=Long Term Insurance / VA=Veteran Administration / MA=Medicaid / MC=Medicare / HM=Managed Care Insurance / AS=ASAP / SC=SCO / O=Other

**THERAPIES:** S=Speech / P=Physical / O=Occupational / R=Respiratory

**PERSONAL SERVICES:** H=Haircuts / P=Podiatry / SH=Showers

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Framingham 01701
508-879-4420

HAVERHILL Cedardale Health & Fitness
931 Boston Rd, Haverhill 01835
978-373-1596

MARLBOROUGH Wayside Racquet & Swim Club
80 Broadmeadow St, Marlborough 01752
508-481-1797

YMCA – Central MA
416 Boston Post Rd, Marlborough 01752
774-463-0213

NATICK Longfellow Sports Club
203 Oak St, Natick 01760
508-653-4633

NEEDHAM YMCA – Needham
863 Great Plain Ave, Needham 02492
781-444-6400

MA Senior Medicare Patrol (SMP) Program
800-892-0890

Medicare Advocacy Project
197 Friend St, Boston 02114
800-323-3205

Mental Health Legal Advisors Committee
24 School St, 8th Fl, Boston 02108
617-338-2345 x4

Metro West Legal Services
63 Fountain St # 304, Framingham
01702
508-620-1830

The MEDLAW Group
(ad on page 29)
860-428-0217

Volunteer Lawyers Project of the Boston Bar Association
99 Chauncy St, Ste 400, Boston 02111
617-423-0648

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BU Alzheimer’s Disease Center (ad on page 3)
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Alzheimer’s Disease Education & Referral Center
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Framingham 01701
508-879-4420

HAVERHILL

Cedardale Health & Fitness
931 Boston Rd, Haverhill 01835
978-373-1596

MARLBOROUGH

Wayside Racquet & Swim Club
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508-481-1797

YMCA – Central MA
416 Boston Post Rd, Marlborough 01752
774-463-0213

NATICK

Longfellow Sports Club
203 Oak St, Natick 01760
508-653-4633

NEEDHAM

YMCA – Needham
863 Great Plain Ave, Needham 02492
781-444-6400

READING

YMCA – Reading
36 Arthur B Lord Dr, Reading 01867
781-944-9622

WALTHAM

YMCA – Waltham
725 Lexington St, Waltham 02452
781-894-5295

WAYLAND

The Longfellow Club
524 Boston Post Rd, Wayland 01778
508-358-7355

WESTBOROUGH

Westboro Tennis & Swim Club
35 Chauncy St, Westborough 01581
508-366-1222

WOBURN

YMCA – North Suburban
137 Lexington St, Woburn 01801
781-935-3270

AREA AGENCIES ON AGING (AAA)

Eldercare Locator Nationwide
800-677-1116
Locates any Area Agency on Aging Nationwide

BayPath Elder Services, Inc
(ad on page 25)
33 Boston Post Rd, Ste 500,
Marlborough 01752
508-573-7200

Central MA Agency on Aging
360 W Boylston St, West Boylston 01583
508-852-5539

Continued on next page
AREA AGENCIES ON AGING

Elder Services of the Merrimack Valley, Inc
(ad on page 26)
280 Merrimack St, Ste 400,
Lawrence 01843
978-946-1200

HESSCO
(ad on page 25)
One Merchant St, Sharon 02067
781-784-4944

Minuteman Senior Services
(ad on page 26)
26 Crosby Dr, Bedford 01730
888-222-6171

Mystic Valley Elder Services, Inc
300 Commercial St, Ste 19, Malden 02148
781-324-7705

Somerville / Cambridge Elder Services
(ad on page 27)
61 Medford St, Somerville 02144
617-628-2601

Springwell (ad on page 27)
307 Waverley Oaks Rd #205,
Waltham 02452
617-926-4100

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- Tomando Control de su Salud
- Living La Vida Dulce
- Chronic Pain Self-Management
- Cancer: Thriving and Surviving
- Better Choices, Better Health
- Positive Self-Management Program for HIV
- A Matter of Balance
- A Matter of Balance - Spanish
- Tai Chi for Health Aging
- Tai Chi for Arthritis
- Powerful Tools for Caregivers
- Healthy Eating for Successful Living in Older Adults
- Healthy IDEAS
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---

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  - Respite Care
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Springwell is a non-profit organization that has been supporting seniors in our communities since 1977.

www.springwell.com  •  617-926-4100
Whether you are trying to locate a retirement community in Cambridge that accepts pets or a fun activity in Lowell to attend tonight, SeniorsBlueBook.com has all the information you are looking for.

SeniorsBlueBook.com was designed to enhance the printed version of the Seniors Blue Book and offer up to date information.

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CARE MANAGEMENT

Public or private organizations which provide services to the elderly who need professional assistance to arrange appropriate care. Check with your local Area Agency on Aging

Allies in Aging
(ad on page 29)
475 Franklin St, Ste 101, Framingham 01702
508-875-3100

The Medlaw Group
(ad on page 29)
860-428-0217

Worried about a Loved One?

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www.themedlawgroup.net
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**Caregiver Homes**  
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866-797-2333

**GWArc, Inc.**  
56 Chestnut Street, Waltham 02453  
781-899-1344

**Massachusetts Mentor**  
48 Sword St, Fl 2, Auburn 01501  
508-368-2700

CONCIERGE SERVICES

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(ad on page 29)  
860-428-0217

CONSUMER AFFAIRS

**NATIONAL**

**Centers for Disease Control**  
1600 Clifton Rd, Atlanta 30333  
800-232-4636

**Do Not Call Registry**  
888-382-1222

**Federal Trade Commission**  
600 Pennsylvania Av NW, Washington 20580  
877-382-4357

**National Center on Elder Abuse**  
(National office)  
302-831-3525

**National Fraud Information Center**  
PO Box 65868, Washington 20035  
800-876-7060

**Securities & Exchange Commission**  
(SEC Complaint Center)  
450 Fifth St NW, Washington 20549

**US Food & Drug Administration**  
Information  
10903 New Hampshire Ave  
Silver Spring 20993  
888-463-6332

**US Administration on Aging (AoA)**  
Washington 20001  
800-677-1116

**LOCAL**

**Better Business Bureau of Eastern MA**  
290 Donald Lynch Blvd, Ste 102,  
Marlborough 01752  
508-652-4800

**Consumer Protection for Seniors**  
One Ashburton Pl, Boston 02108  
617-727-8400

**Massachusetts Do Not Call List**  
866-231-2255

**National Center on Elder Abuse**  
(Massachusetts Hotline)  
800-922-2275

**New England ADA Center**  
200 Portland St, Boston 02114  
800-949-4232

**Office of the Attorney General**  
1 Ashburton Pl, Boston 02108  
617-727-2200

**Securities & Exchange Commission**  
(Boston Regional Office)  
33 Arch St, Boston 02110  
617-573-8900

CONTINUING EDUCATION OPPORTUNITIES

Check with local AOA, COA.

**A Senior Citizens Guide for College**  
www.aseniorcitizenguideforcollege.com

Continued on page 32 ➔
Healthy Living Workshops: Empowerment through Education

The transition home after a health care stay can be exciting but also overwhelming and intimidating.

Do you want to feel better, meet new people, and be empowered to change old health habits? Are you living with a persistent health condition that prevents you from doing activities you enjoy? Have you learned helpful techniques as a family caregiver, which you would like to share with others? Then consider joining a Healthy Living workshop!

Healthy Living workshops are designed to help you manage a chronic health issue like diabetes, heart disease or arthritis, or learn self-care strategies while caring for a loved one. Each workshop is led by two experienced and trained volunteer leaders, who facilitate brainstorming sessions and group discussion to encourage participation, peer-learning and personal goal-setting. Participants receive their own book of workshop materials to use as a resource. The workshops use evidence-based curricula, the first of which were developed by researchers at Stanford University, including My Life, My Health: Chronic Disease Self-Management and Diabetes Self-Management. Most classes are about two hours long and meet once a week for six to eight weeks. My Life, My Health focuses on setting and meeting personal goals, how to improve communication with your doctor, simple techniques for enhancing quality of life, and better stress-management. Other topics are also covered, such as eating a balanced diet, strategies for preventing falls and staying physically active.

Some workshops are more specific, such as A Matter of Balance: Evidence-Based Falls Management Program for Older Adults, which focuses on reducing the fear of falling, how to protect yourself in the event of a fall, and includes exercises to increase physical strength. Additional Healthy Living workshops include Powerful Tools for Caregivers, Chronic Pain Self-Management, and Healthy Eating for Successful Living and Tai Chi for Arthritis Program, among others.

Many of the Healthy Living programs in Massachusetts are offered by Area Agencies on Aging for free, or for a small fee. Springwell, Inc., the Area Agency on Aging for Belmont, Brookline, Needham, Newton, Waltham, Watertown, Wellesley and Weston, offers several different Healthy Living programs throughout the year at Councils on Aging, physician offices, community education centers and senior housing sites. A typical Healthy Living workshop schedule can be found at http://www.springwell.com/service/healthy-living-program. For information about workshops offered throughout the state, visit the Healthy Living Center of Excellence at http://www.healthyliving4me.org/workshop-schedule/.

Editor's Note: This article was submitted by Laura Vanderhill, LSW, MHA. Laura is an Associate Director with Springwell, Inc. and may be reached at 617-926-4100. See ad page 27.
CONTINUING EDUCATION OPPORTUNITIES
continued from page 30

Boston University Evergreen Prog
755 Commonwealth Av, Ste B18,
Boston 02215
617-358-1350

Framingham State University
100 State St, Framingham 01701
508-620-1220

Harvard Institute for
Learning in Retirement
34 Concord Ave, Cambridge 02138
617-495-4072

Lifelong Learners (www.llaic.org)
10 Bethel Rd, Wellesley 02381

Lifelong Learning at Regis College
235 Wellesley St, Weston 02493
781-768-7135

Mount Ida College
777 Dedham St, Newton 02459
617-928-4500

Osher Lifelong Learning Institute
at Tufts University
Tufts Univ Carmichael Hall, Medford 02155
617-627-5699

Osher Lifelong Learning Institute
at Brandeis (BOLLI)
415 South St, Waltham 02453
781-736-2992

Road Scholar Institute Network
11 Ave d’Lafayette, Boston 02111
800-454-5768

UMass Lowell
One University Ave, Lowell 01854
– Div of Online Ed
978-934-2474
– Learning in Retirement Assoc
978-934-3135

UMass Boston
100 Morrisey Blvd, Boston 02125
617-287-6200

Wellesley – Weston
Lifetime Learning
PO Box 812248, Wellesley 02482
781-205-4204

DENTAL SERVICES

Sudbury Family Dental Care
(ad on page 33)
370 Boston Post Rd, Sudbury 01776
978-443-5193

DOWNSIZING

MARK-ONE (ad on page 35)
888-627-5663

DRIVING AND LICENSE INFORMATION

RMV online
www массrmv.com

BOSTON

RMV Boston
136 Blackstone St, Boston 02109
617-351-4500

LAWRENCE

RMV Lawrence
73 Winthrop Ave, Lawrence 01843
617-351-4500

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RMV Lowell
77 Middlesex St, Lowell 01852
617 351-4500

MILFORD

RMV Milford
14 Beach St, Milford 01757
617 351-4500

Continued on page 34
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continued from page 32

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617-351-4500

WATERTOWN
RMV Watertown
550 Arsenal St, Watertown 02472
617 351-4500

WILMINGTON
AARP Driver Safety Program
888-227-7669
RMV Wilmington
355 Middlesex Ave, Wilmington 01887
617 351-4500

BURLINGTON
Burlington – AAA
34 Cambridge St, Burlington 01803
781-272-3272

FRAMINGHAM
Framingham AAA
653 Worcester Rd, Framingham 01701
508-875-2000

NEWTON
Newton – AAA
281 Needham St, Newton 02464
617-332-9900

Newton – Wellesley’s Drive Safe Program
2014 Washington St, Newton 02462
617-243-6172

WESTWOOD
Westwood – AAA
335 Providence Hwy, Westwood 02090
781-461-6800

ELDER ABUSE PREVENTION
Check with local AOA.
National Center on Elder Abuse
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National Domestic Violence Hotline
800-799-7233
Ombudsman for the Institutionalized Elderly
877-582-6995
Elder Abuse Hotline Massachusetts
Methuen 01844
800-922-2275
MetroWest Legal Services
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508-620-1830

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Newton, MA 02459
www.LoffLaw.com
info@LoffLaw.com

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National Center on Elder Abuse
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National Domestic Violence Hotline
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Ombudsman for the Institutionalized Elderly
877-582-6995
Elder Abuse Hotline Massachusetts
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• Guardianships & Conservatorships
• Probate Matters
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**Employment Opportunities**
National Older Worker Career Center – National Office
703-558-4200
Operation Able of Greater Boston
131 Tremont St, Ste 301, Boston 02111
617-542-4180
Senior Community Service Employment Program
877-872-5627

**Energy Resources**
Citizens Energy Heat Assistance (Joe4Oil)
617-338-6300
Good Neighbor Energy Fund (Salvation Army)
800-334-3047
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800-632-8175
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COMMUNITY RESOURCES AND SERVICES

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– 2 Oak St, Ste 202, Mashpee 02649
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(ad on page 34)
1087 Beacon St, Ste 201, Newton 02459
  617-332-7021

FITNESS & WELLNESS PROGRAMS

SILVER SNEAKER FITNESS PROGRAM PROVIDERS
– General Number (article on page 37)
  877-402-6753

GET UP AND GO

Hebrew Rehabilitation Center
1200 Centre St, Boston 02131
  617-363-8539

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18-65 Banking Program Consumer Assistance
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(ad on page 1)
257 Turnpike Rd, Ste 300,
Southborough 01772
  508-251-7223

ACTON

Community Supper
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  978-263-5077

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36
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Rosemary Thomas proudly endorses physical fitness and the saying, “If you don’t move it, you will lose it.”

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In 2016, Thomas was selected as one of 10 finalists for the SilverSneakers Richard L. Swanson Inspiration Award due to her inspiring story of improving her health and happiness, and being a dedicated fitness champion.

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As Thomas’ story shows, fitness is personal. Each individual should exercise where, when and how they want. That’s why SilverSneakers has built a national network of more than 13,000 participating locations and fitness centers – use the pool at one location in the morning, jog on a treadmill at another in the afternoon, and take a class at another gym in the evening.

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FOOD PANTRIES
continued from page 36

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Town of Ashland
162 W Union St, Lower Level, Ashland 01721
508-881-0140

BEDFORD

Bedford Community Table / Pantry, Inc
12 Mudge Way, Ste 1, Bedford 01730
781-275-7355

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Brookline Emergency Food Pantry
15 St Paul St, Brookline 02446
617-566-4953

BURLINGTON

Burlington Community Pantry
335 Cambridge St, Burlington 01803
781-270-6625

CAMBRIDGE

Cambridge Economic Opportunity Committee, Inc
11 Inman St, Cambridge 02139
617-868-2900

East End House
105 Spring St, Cambridge 02141
617-876-4444

Food for Free Committee
11 Inman St, Cambridge 02139
617-868-2900

Massachusetts Ave Baptist Church
146 Hampshire St, Cambridge 02139
617-868-4853

Salvation Army of Massachusetts
402 Mass Ave, Cambridge 02139
617-547-3400

CHELMSFORD

Chelmsford Community Exchange
50 Rear Billerica Rd, Chelmsford 01824
978-250-3818

CONCORD

Open Table
20 Lexington Rd, Concord 01742
978-369-2275

DEVENS

Loaves & Fishes Food Pantry
234 Barnum Rd, Devens 01434
978-772-4627

DRACUT

Dracut Food Pantry
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978-957-8600

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Framingham Civic League, Inc
214 Concord St, Framingham 01702
508-875-5218

Salvation Army Food Pantry
35 Concord St, Framingham 01704
508-875-3341

Pearl Street Cupboard & Cafe
46 Park St, Framingham 01702
508-879-2063

St Bridget’s Food Pantry
15 Wheeler Ave, Framingham 01702
508-875-5959
HOPKINTON

Hopkinton Food Pantry
45 South St, Hopkinton 01748
508-435-6511

LAWRENCE

Lazarus House, Inc
412 Hampshire St, Lawrence 01842
978-689-8575

Ministerio Los Milagros de Jesus, Inc
447 Essex St, Lawrence 01843
978-683-9949

LINCOLN

St. Vincent de Paul Society (St Joseph’s Church)
142 Lincoln Rd, Lincoln 01773
781-899-2611

LOWELL

Catholic Charities
70 Lawrence St, Lowell 01852
978-454-9946

Central Food Ministry, Inc
370 W Sixth St, Lowell 01850
978-454-7445

Merrimack Valley Food Bank
735 Broadway, Lowell 01854
978-454-7272

Open Pantry of Greater Lowell, Inc
13 Hurd St, Lowell 01852
978-453-6693

Salvation Army of Massachusetts
150 Appleton St, Lowell 01852
978-458-3396

MALDEN

Bread of Life
54 Eastern Ave, Malden 02148
781-397-0404

MARLBOROUGH

Community Cupboard
255 Main St, Marlborough 01752
508-481-4080

MAYNARD

Maynard Food Pantry
12 Bancroft St, Maynard 01754
978-897-8340

MEDFORD

Community Cupboard Pantry
147 High St, Medford 02155
781-396-4549

MILFORD

Daily Bread Food Pantry
21 Exchange St, Milford 01757
508-478-4225

Salvation Army of Massachusetts
29 Congress St, Milford 01757
508-473-0786

NATICK

EFSP A Place to Turn
99 Hartford St, Natick 01760
508-655-8868

Natick Service Council
2 Webster St, Natick 01760
508-655-1791

Continued on next page ▶
**COMMUNITY RESOURCES AND SERVICES**

**FOOD PANTRIES continued**

**NEWTON**
Centre St Food Pantry
11 Homer St, Newton 02459
617-340-9554

**PEPPERELL**

**Somerville**
Catholic Charities
270 Washington St, Somerville 02143
617-625-1920

Somerville Homeless Coalition
15 Franklin St, Somerville 02145
617-776-7687

**Somerville – Cambridge Elder Services**
(ad on page 27)
61 Medford St, Somerville 02143
617-628-2601

**SUDSBURY**

**TEWKSBURY**

**WAKEFIELD**
Wakefield Interfaith Food Pantry
467 Main St, Wakefield 01880
781-245-2510

**WALTHAM**
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1430 Main St, Waltham 02451
781-647-5327

Salvation Army of Massachusetts
33 Myrtle St, Waltham 02453
781-894-0413

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Cameron Senior Center
20 Pleasant St, Westford 01886
978-399-2323

**WOBURN**
Council of Social Concern
2 Merrimac St, Woburn 01801
781-935-6495 x208

**FOOD RESOURCES**
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508-875-3100

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617-559-9900

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American Speech Language Hearing Association
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Indicates website link on seniorsbluebook.com
As we age, feelings of isolation and loneliness can negatively impact our health and well-being. Hearing loss can intensify the problem, starting down a path from which it is difficult to recover.

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To learn more, contact Hamilton CapTel Customer Care! Call 888-269-7477 info@hamiltoncaptel.com www.hamiltoncaptel.com

Editor’s Note: This article was provided by Hamilton CapTel. They can be reached by calling 888-269-7477. See ad page 43.

*Captioned Telephone service is provided at no cost. Equipment and standard long distance charges may apply. CapTel is a registered trademark of Ultratec, Inc.
HEARING / DEAF PRODUCTS

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HamiltonCapTel.com
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HOME EQUIPMENT & SUPPLIES

MetroWest Pharmacy
(ad on page 65)
214 Union Ave Framingham 01702
508-405-0609

HOME IMPROVEMENTS & MODIFICATIONS

Next Day Access
(ad on page 14)
617-969-7267

HOME MEDICAL EQUIPMENT – LOAN CLOSETS

Check with local COA. The following organizations loan medical equipment to those in need.

ASHLAND
Ashland Council on Aging
162 W Union St, Ashland 01721
508-881-0140

BOSTON
Easter Seals of MA
89 South St, Boston 02111
800-244-2756

Continued on next page
HOME MEDICAL EQUIPMENT – LOAN CLOSETS continued

CANTON

REquipment DME Reuse Program – Canton
866-244-6156

LINCOLN

Lincoln Council on Aging
15 Bedford Rd, Lincoln 01773
781-259-8811

MARLBOROUGH

The Wheelchair Recycler, Inc
60 Carver Hill Rd, Marlborough 01752
508-460-6328

MEDFIELD

Medfield Council on Aging
1 Ice House Rd, Medfield 02052
508-359-3665

NEEDHAM

Needham Community Council
570 Hillside Ave, Needham 02492
781-444-2415

NEWTONVILLE

Newton Senior Center
345 Walnut St, Newtonville 02460
617-796-1660

SHERBORN

Sherborn Council on Aging
19 Washington St, Sherborn 01770
508-651-7858

SUDBURY

Sudbury Senior Center
40 Fairbank Rd, Sudbury 01776
978-443-3055

WALTHAM

Waltham Council on Aging
488 Main St, Waltham 02452
781-899-7228

WAYLAND

Wayland Council on Aging
41 Cochituate Rd, Wayland 01778
508-358-2990

WELLESLEY

Wellesley Friendly Aid
219 Washington St, Wellesley 02481
781-235-3960

HOSPITALS

ACUTE HOSPITALS

AYER

Nashoba Valley Medical Center
200 Groton St, Ayer 01432
978-784-9000

BOSTON

Beth Israel Deaconess Medical Ctr
– 330 Brookline Ave, Boston 02215
617-667-8000
– One Deaconess Rd, Boston 02215
617-632-7000

Boston Medical Ctr Menino Pavilion
830-840 Harrison Ave, Boston 02118
617-414-5000
COMMUNITY RESOURCES AND SERVICES

Boston Medical Center
Newton Pavilion
88 E Newton St, Boston 02118
617-414-5000

Brigham & Women’s Faulkner Hospital
1153 Centre St, Boston 02130
617-522-5800

Brigham & Women’s Hospital
75 Francis St, Boston 02115
617-732-5500

Carney Hospital
2100 Dorchester Ave, Boston 02124
617-296-4000

Dana Farber Cancer Institute
450 Brookline Ave, Boston 02215
617-632-3000

Kindred Hospital Boston
1515 Commonwealth Ave, Boston 02135
617-254-1100

Mass Eye & Ear Infirmary
243 Charles St, Boston 02114
617-523-7900

Mass General Hospital
55 Fruit St, Boston 02114
617-795-0000

New England Baptist Hospital
125 Parker Hill Ave, Boston 02120
617-754-5800

St Elizabeth’s Medical Center
736 Cambridge St, Boston 02135
617-789-3000

Tufts Medical Center
800 Washington St, Boston 02111
617-636-5000

BURLINGTON
Lahey Hospital & Medical Center Burlington
41 Mall Rd, Burlington 01806
781-744-8330

CAMBRIDGE
Cambridge Health Alliance
– Cambridge
1493 Cambridge St, Cambridge 02139
617-498-1000

Mount Auburn Hospital
330 Mount Auburn St, Cambridge 02238
617-492-3500

CONCORD
Emerson Hospital
Old Rd To Nine Acre Corner, Concord 01742
978-369-1400

EVERETT
Cambridge Health Alliance
– Whidden Hospital
103 Garland St, 3rd Fl, Level C
Everett 02149
617-498-1000

FRAMINGHAM
Metrowest Medical Center
– Framingham Union Campus
115 Lincoln St, Framingham 01701
508-383-1000

LAWRENCE
Lawrence General Hospital
One General St, Lawrence 01842
978-683-4000

Continued on next page ›
**Hospitals – Acute Hospitals continued**

**Lowell**
- Lowell General Hospital – Saints Campus
  1 Hospital Dr, Lowell 01852
  978-458-1411
- Lowell General Hospital
  295 Varnum Ave, Lowell 01854
  978-937-6000

**Marlborough**
- Marlborough Hospital
  157 Union St, Marlborough 01752
  508-485-1121

**Medford**
- Hallmark Health System – Lawrence
  170 Governors Ave, Medford 02155
  781-306-6000

**Melrose**
- Hallmark Health System – Melrose
  585 Lebanon St, Melrose 02176
  781-979-3000

**Methuen**
- Holy Family Hospital
  70 East St, Methuen 01844
  978-687-0151

**Milford**
- Milford Regional Medical Center
  14 Prospect St, Milford 01757
  508-473-1190

**Natick**
- Metrowest Medical Center – Leonard Morse Campus
  67 Union St, Natick 01760
  508-383-1000

**Needham**
- Beth Israel Deaconess Hospital – Needham
  148 Chestnut St, Needham 02192
  781-453-3000

**Newton**
- Newton-Wellesley Hospital
  2014 Washington St, Newton 02162
  617-243-6000

**Norwood**
- Norwood Hospital
  800 Washington St, Norwood 02062
  781-769-4000

**Somerville**
- Cambridge Health Alliance – Somerville
  230 Highland Ave, Somerville 02143
  617-591-4500

**Winchester**
- Winchester Hospital – Member of Lahey Health
  41 Highland Ave, Winchester 01890
  781-729-9000
HOSPITALS – INPATIENT SATELLITE

BOSTON

Dana Farber Cancer Institute
– Inpatient
75 Francis St, 6th Fl, 6 & 7, Boston 02115
617-632-3000

New England Sinai Hospital
– Inpatient Sat Carney Hospital
2100 Dorchester Av, 3rd Fl, Boston 02124
781-344-0600

NATICK

Braintree Unit at Metrowest Medical Center
67 Union St, Natick 01760
508-848-5353

HOSPITALS – SATELLITE

ANDOVER

Andover Surgery Center
138 Haverhill St, Units B&C, Andover 01810
978-687-0151

ARLINGTON

Mt Auburn Hospital Radiation @ Arlington
22 Mill St, Ste 106, Arlington 02476
781-492-3500

ASHLAND

Metrowest Mental Health
250 Eliot St, Ashland 01721
508-383-1000

BEDFORD

Brighton Marine Health Center
Hanscom Air Force Base
1609 Egl, Bedford 01731
617-789-3000

BILLERICA

HEALTHSOUTH New England Rehab @ Billerica
267 Boston Rd, Billerica 01862
781-935-5050

BROOKLINE

Brigham & Women
– Ambulatory Care Center
850 Boylston St, Brookline 02467
617-732-5500

Hebrew Seniorlife Medical Group @ Center Communities
100 Centre St, Brookline 02446
617-325-8000

New England Baptist Radiology
830 Boylston St, Ste 208, Bsmt L
Brookline 02467
617-754-5001

New England Baptist Surgicare
1 Brookline Pl, Ste 201, Brookline 02445
617-754-5002

Newton-Wellesley Hospital
Hand Surgery
830 Boylston St, Brookline 02467
617-243-6173

Partners Multiple Sclerosis Center
One Brookline Pl, Ste 227, Brookline 02445
617-732-5500

Continued on next page ➔
**HOSPITALS – SATELLITE**  
*continued*

**William Arnold – Carol A Warfield**  
1 Brookline Pl, Ste 105, Brookline 02445  
617-667-8000

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**BURLINGTON**

Lahey Hospital & Medical Center  
– Dept of Dermatology  
20 Wall St, 2nd Fl, Burlington 01803  
781-744-5100

– Dept Of Allergy  
31 Mall Rd, 1st Fl, Burlington 01805  
781-744-8796

– Weight Loss Center  
50 Mall Rd, Ste G-03, Burlington 01805  
781-744-5100

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**CAMBRIDGE**

Cambridge Family Health  
237 Hampshire St, 1st Fl, Cambridge 02139  
617-498-1000

Cambridge Family Health North  
2067 Massachusetts Ave, Cambridge 02139  
617-498-1000

East Cambridge Health Center  
163 Gore St, Cambridge 02141  
617-498-1000

Laboratory For Molecular Medicine  
65 Landsdowne St, 3rd Fl, Cambridge 02139  
617-726-2000

Mt Auburn Mobile Pet Unit  
799 Concord Av, 1st Fl, Cambridge 02138  
617-492-3500

Mt Auburn Hospital Rehab Svcs  
625 Mt Auburn St, 1st Fl, Cambridge 02138  
617-499-5700

Mt Auburn Hospital MRI Center  
725 Concord Av, Grd Fl, Cambridge 02138  
617-499-5700

Spaulding Outpatient Ctr Cambridge  
1575 Cambridge St, 1st Fl, Cambridge 02138  
617-573-7000

Windsor Street Health Center  
119 Windsor St, Cambridge 02139  
617-498-1000

---

**CANTON**

Hebrew SeniorLife Medical Group  
@ Orchard Cove  
1 Del Pond Dr, Canton 02021  
617-325-8000

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**CHELMSFORD**

Lowell General Hospital  
– Patient Service Ctr @ Drum Hill  
10 Research Pl, Ste 100, Chelmsford 01863  
978-937-6012

Woman’s Imaging Center  
4 Meeting House Rd, Unit 13, Chelmsford 01824  
978-244-1051

---

**CONCORD**

Emerson Hospital  
– Radiation Oncology  
Rte 2 John Cumings Bldg, Concord 01742  
978-726-2000

– Breast Care Center  
747 Main St, Ground Fl, Concord 01742  
978-287-3100

– MRI Center  
131 Old Rd, 9 Acre Corner, Concord 01742  
978-369-1400

– Mass Eye & Ear Infirmary  
54 Baker St, Ste 303, Concord 01742  
617-573-3006
DEDHAM

New England Baptist Hospital Outpatient Care Center
40 Allied Dr, Dedham 02026
617-754-5001

Spaulding Outpatient Center – Framingham
570 Worcester Rd, Framingham 01702
617-720-6400

GROTON

Emerson Hospital Health Center
100 Boston Rd, 1st Fl, Ste B, Groton 01450
978-287-3100

LOWELL

Lowell General
– Medical Oncology
2 Hospital Dr, 2nd Fl, Lowell 01852
978-458-1411
– Walk-In Center
1230 Bridge St, 1st Fl, Ste 1
Lowell 01850
978-934-8339

Continued on next page
Hospitals – Satellite continued

**Malden**

Cambridge Health Alliance – Malden
195 Canal St, Malden 02148
781-665-1001

Community Counseling Svcs – Malden
178 Savin St, 2nd Fl, Malden 02148
781-322-7560

Malden Walk-In Clinic
100 Hospital Rd, Grd Fl, Malden 02148
781-338-7200

**Marlborough**

Marlborough Hospital – Physical Rehab
340 Maple St, Ste 302, Marlborough 01752
508-485-1121

Metrowest Mental Health
200 E Main St, Marlborough 01752
508-383-1000

UMASS MMC Cancer @ Marlborough Hospital
157 Union St, Marlborough 01752
508-344-1000

**Medford**

Family Medical Associates
Southside Pl, 101 Main St, Ste 21, Medford 02155
781-979-3000

Lawrence Memorial Hospital
– Medical Services
101 Main St, Ste 116, Medford 02155
978-396-9250

– Program
200 Governors Av, Grd Lvl, Medford 02155
781-396-9250

– Spaulding Outpatient Ctr Medford
101 Main St #101/11, Medford 02155
781-720-6400

– Urgent Care Center
100 Hospital Rd, Fls 1-3, Medford 02155
781-322-7560

Winchester Hospital
– Community Health Institute
75 Riverside Ave, 1st Fl, Medford 02155
781-729-9000

**Melrose**

Health Image Women’s Imaging Ctr
830 Main St, 3rd Fl, Melrose 02176
781-979-3000

Melrose Wakefield Hosp Rehab Svcs
22 Corey St, Melrose 02176
781-979-3000

**Methuen**

Holy Family Hospital
– Ambulatory Services
380 Merrimack St, 3rd Fl, Methuen 01844
978-687-0151

**Milford**

Dana Farber Cancer Ctr @ Milford
20 Prospect St, 2nd Fl, Milford 01757
617-632-3000

Metrowest Professional & Med Ctr
321 Fortune Blvd, 1st Fl, Milford 01757
508-383-1000
RESOURCES FOR AGING WELL

Milford Regional Medical Center
– Cancer Center
  20 Prospect St, 1st & 2nd Fl, Milford 01757
  508-422-2201
– Occupational
  Hill Office Park 115 Water St, Milford 01757
  508-473-1190
– Rehab & Sports Medicine
  42 Cape Rd Plaza, Milford 01757
  508-488-3890

UMass Memorial Medical Center
Milford Radiology
  91 Water St, 1st Fl, Milford 01757
  508-334-0100

NATICK

Newton Wellesley Ambulatory Care Center Natick
  307 W Central St, Natick 01760
  617-243-6000

NEEDHAM

Beth Israel Deaconess Hospital
Needham Physical Therapy
  73 Chestnut St, Needham 02492
  781-453-3000

Wound Healing Ctr & Diabetes Ctr
  145 Rosemary St, 1st Fl, Needham 02494
  781-453-3000

NEWTON

Mass General Radiation Oncology @ Newton-Wellesley
  2014 Washington St, Newton 02462
  617-726-2000

Newton-Wellesley Hospital
  2000 Washington St, Newton 02466
  617-243-6173

Newton-Wellesley Sleep Center
  2345 Commonwealth Ave, Newton 02466
  617-243-6255

NORTH ANDOVER

Lowell General Women’s Center
  203 Turnpike St, 2nd Fl, N Andover 01845
  978-458-1411

NORWOOD

Guild Imaging Ctr of Norwood Hosp
  825 Washington St, Ste 17, Norwood 02062
  781-278-6001

READING

Hallmark Health
Outpatient Diabetes
  30 Newcrossing Rd, Reading 01867
  781-979-3000

Winchester Imaging Reading
  20 Pond Meadow Dr, 1st Fl, Reading 01867
  781-729-9000

SOMERVILLE

Broadway Health Center
  300 Broadway, Somerville 02143
  617-498-1000

Cambridge Health Alliance
Highland Building
  236 Highland Av, 1st/2nd Fls, Somerville 02143
  617-665-1000

Central St Health Center
  26 Central St, 1st, 3rd & 4th Fls
  Somerville 02143
  617-498-1000

Continued on next page ➔
COMMUNITY RESOURCES AND SERVICES

HOSPITALS – SATELLITE
continued

Cambridge Health Alliance Specialty Center @ Assembly Square
5 Middlesex Ave, 1st Fl, Somerville 02145
617-665-1001

Union Square Family Health
337 Somerville Ave, 1st Fl, Somerville 02143
617-498-1000

SOUTHBOROUGH

Marlborough Hospital Specialty
28 Newton St, 1st Fl, Southborough 01772
508-486-5801

STONEHAM

Chem Center Radiation Oncology
48 Montvale Ave, Stoneham 02180
781-979-3000

Hallmark Health Hematology Oncology
41 Montvale Ave, 4th Fl, Stoneham 02180
781-979-3000

North Suburban Center
One Montvale Ave, 5th Fl, Stoneham 02180
781-279-2788

Winchester Imaging Woodland Rd
3 Woodland Rd #300, 3rd Fl, Stoneham 02180
781-756-2129

SUDSBURY

Emerson Medical at Sudbury
490 Boston Post Rd, 1st Fl, Sudbury 01776
978-287-3100

TEWKSBURY

Lowell General Diagnostic Center
Tewksbury
600 Clark Rd, Tewksbury 01876
978-458-1411

WALTHAM

Mass General Hospital West
40 Second Ave, Waltham 02451
781-487-4350

Mass General Hospital West Vascular Center
52 Second Ave, 2nd Fl, Waltham 02451
617-726-2000

Mt Auburn Hospital Imaging
355 Waverly Oaks Rd, Ste 15
Waltham 02452
617-499-5700

Newton–Wellesley Urgent Care Ctr
9 Hope Ave, 1st Fl, Ste 150 Devincent,
Waltham 02453
781-243-3155

WELLESLEY

Newton–Wellesley Outpatient Surgery Center
25 Washington St, Wellesley 02481
617-243-6255

Spaulding Outpatient Center – Wellesley
65 Walnut St, Wellesley 02181
781-720-6400

WESTBOROUGH

Westborough Radiology
154 E Main St, Ste 5, Westborough 01581
508-870-0646
WILMINGTON

Winchester Hospital Family
500 Salem St, Wilmington 01887
978-729-9000

WINCHESTER

Winchester Hospital
620 Washington St, Winchester 01890
781-729-9000
– Ultrasound
  1021 Main St, Winchester 01890
  781-756-2126
– Mammogram / Ultrasound
  955 Main St, 1st Fl, Winchester 01890
  781-729-9000

WOBURN

Winchester Hospital
– Pain Management
  444 Washington St, 1st Fl, Woburn 01801
  781-729-9000
– Sleep Disorder
  12 Alfred St, 1st Fl, Woburn 01801
  781-759-2215
– Outpatient
  200 Unicorn Park Dr, Woburn 01801
  781-729-9000

Winchester Imaging Center
7 Alfred St, 1st Fl, Woburn 01801
781-729-9000

NON-ACUTE HOSPITAL

McLean Hospital Corporation
115 Mill St, Belmont 02478
617-855-2000

HOUSING PLACEMENT & RESOURCE SPECIALISTS

Check with local COA, AOA.

Assisted Living Locators
(ad on page 129)
www.nemass.assistedlivinglocators.com
Amesbury 01913
855-562-7747 / 508-878-8878

JFS of Metrowest
(ad on page 29)
475 Franklin St, Ste 101,
Framingham 01702
508-875-3100

LEGAL SERVICES (NO FEE)

AARP Legal Services Network
1 Beacon St, Ste 2301, Boston 02108
866-330-0753

Greater Boston Legal Services
60 Gore St, Ste 203, Cambridge 02141
617-603-2700

MetroWest Legal Services
63 Fountain St, Ste 304,
Framingham 01702
508-620-1830

Northeast Legal Aid
– 50 Island St, Ste 203, Lawrence 01840
  978-686-6900
– 35 John St, Ste 302, Lowell 01852
  978-458-1465
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<td>BROOKLINE</td>
<td>New England Institute</td>
<td>10 Brookline Pl West,</td>
<td>888-624-0300</td>
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<td>CAMBRIDGE</td>
<td>Le Cordon Bleu College</td>
<td>215 First St, Cambridge</td>
<td>800-736-6126</td>
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<td>Longy School of Music</td>
<td>27 Garden St, Cambridge</td>
<td>617-876-0956</td>
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<td>FRAMINGHAM</td>
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<td>100 State St, Framingham</td>
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<td>University</td>
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<td>MEDFORD</td>
<td>Fletcher School Tufts</td>
<td>160 Packard Ave, Medford</td>
<td>617-627-5021</td>
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<td>University</td>
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<td>PUBLIC LIBRARIES</td>
<td>Acton Memorial Library</td>
<td>486 Main St, Acton 01720</td>
<td>978-929-6655</td>
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West Acton Citizen’s Library Assoc
21 Windsor Ave, Acton 01720
978-264-9652

ANDOVER
Memorial Hall Library
2 N Main St, Andover 01810
978-623-8401

ARLINGTON
Edith M Fox Library
175 Massachusetts Ave, Arlington 02474
781-316-3198

Robbins Library
700 Massachusetts Ave, Arlington 02476
781-316-3200

ASHBY
Ashby Free Public Library
812 Main St, Ashby 01431
978-386-5377

ASHLAND
Ashland Public Library
66 Front St, Ashland 01721
508-881-0134

AYER
Ayer Library
26 E Main St, Ayer 01432
978-772-8250

BEDFORD
Bedford Free Public Library
7 Mudge Way, Bedford 01730
781-275-9440
### COMMUNITY RESOURCES AND SERVICES

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
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</table>
| **BELMONT** | Belmont Public Library  
336 Concord Ave, Belmont 02478  
617-489-2000 | |
| **BERLIN** | Berlin Public Library  
23 Carter St, Berlin 01503  
978-838-2812 | |
| **BILLERICA** | Billerica Public Library  
15 Concord Rd, Billerica 01821  
978-671-0948 | |
| **BOLTON** | Bolton Public Library  
738 Main St, Bolton 01740  
978-779-2839 | |
| **BOXBOROUGH** | Sargent Memorial Library  
427 Massachusetts Ave, Boxborough 01719  
978-263-4680 | |
| **BROOKLINE** | Brookline Public Library  
361 Washington St, Brookline 02445  
617-730-2370 | |
| **BURLINGTON** | Burlington Public Library  
22 Sears St, Burlington 01803  
781-270-1690 | |
| **CANTON** | Canton Public Library  
786 Washington St, Canton 02021  
781-821-5027 | |
| **CARLISLE** | Carlisle Gleason Public Library  
22 Bedford Rd, Carlisle 01741  
978-369-4898 | |
| **CHELMSFORD** | Chelmsford Public Library  
25 Boston Rd, Chelmsford 01824  
978-256-5521 | |
| **CONCORD** | Concord Free Public Library  
129 Main St, Concord 01742  
978-318-3300 | |
| **DEDHAM** | Dedham Public Library  
43 Church St, Dedham 02026  
781-751-9280 | |
| **DOVER** | Dover Town Library  
56 Dedham St, Dover 02030  
508-785-8113 | |
| **DRACUT** | Dracut Moses Greeley Parker Memorial Library  
28 Arlington St, Dracut 01826  
978-454-5474 | |

*Continued on next page*
LIBRARIES continued

DUNSTABLE
Dunstable Free Public Library
588 Main St, Dunstable 01827
978-649-7830

EVERETT
Everett Parlin Memorial Library
410 Broadway, Everett 02149
617-394-2300

FRAMINGHAM
Framingham Public Library
49 Lexington St, Framingham 01702
508-532-5570

GROTON
Groton Public Library
99 Main St, Groton 01450
978-448-1167

HARVARD
Harvard Public Library
4 Pond Rd, Harvard 01451
978-456-4114

HOLLISTON
Holliston Public Library
752 Washington St, Holliston 01746
508-429-0617

HOPKINTON
Hopkinton Public Library
13 Main St, Hopkinton 01748
508-497-9777

HUDSON
Hudson Public Library
3 Washington St at Wood Sq, Hudson 01749
978-568-9644

LAWRENCE
Lawrence Public Library
51 Lawrence St, Lawrence 01841
978-620-3600

LEXINGTON
Lexington Cary Memorial Library
1874 Massachusetts Ave, Lexington 02420
781-862-6288

LINCOLN
Lincoln Public Library
3 Bedford Rd, Lincoln 01773
781-259-8465

LITTLETON
Littleton Reuben Hoar Library
41 Shattuck St, Littleton 01460
978-540-2600

LOWELL
Lowell Samuel S Pollard Memorial Library
401 Merrimack St, Lowell 01852
978-970-4120

MALDEN
Malden Public Library
36 Salem St, Malden 02148
781-324-0218

MARLBOROUGH
Marlborough Public Library
35 West Main St, Marlborough 01752
508-624-6900

MAYNARD
Maynard Public Library
77 Nason St, Maynard 01754
978-897-1010
MEADOWOY
Medway Public Library
26 High St, Medway 02053
508-533-3217

MELROSE
Melrose Public Library
69 W Emerson St, Melrose 02176
781-665-2313

METHUEN
Methuen Nevins Memorial Library
305 Broadway, Methuen 01844
978-686-4080

MILFORD
Milford Town Library
80 Spruce St, Milford 01757
508-473-2145

MILLIS
Millis Public Library
961 Main St, Millis 02054
508-376-8282

NATICK
Natick Morse Institute Library
14 E Central St, Natick 01760
508-647-6520

NEEDHAM
Needham Free Public Library
1139 Highland Ave, Needham 02494
781-455-7559

NEWTON CENTRE
Newton Free Library
330 Homer St, Newton Centre 02459
617-796-1360

NORTH ANDOVER
North Andover Stevens Mem Libr
345 Main St, North Andover 01845
978-688-9505

NORTH READING
North Reading Flint Mem Library
147 Park St, North Reading 01864
978-664-4942

NORTHBOROUGH
Northborough Free Library
34 Main St, Northborough 01532
508-393-5025

NORWOOD
Norwood Morrill Memorial Library
33 Walpole St, Norwood 02062
781-769-0200

PEPPERELL
Pepperell Lawrence Library
15 Main St, Pepperell 01463
978-433-0332

READING
Reading Public Library
64 Middlesex Ave, Reading 01867
781-944-0840

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WELLESLEY
Wellesley Free Library
530 Washington St, Wellesley 02482
781-235-1610

WESTBOROUGH
Westborough Public Library
55 W Main St, Westborough 01581
508-366-3050

WESTFORD
Fletcher Library
50 Main St, Westford 01886
978-692-5555

WESTON
Weston Public Library
87 School St, Weston 02493
781-786-6150

WESTWOOD
Westwood Public Library
660 High St, Westwood 02090
781-326-7562

WILMINGTON
Wilmington Memorial Library
175 Middlesex Ave, Wilmington 01887
978-658-2967

WINCHESTER
Winchester Public Library
80 Washington St, Winchester 01890
781-721-7171

WOBURN
Woburn Public Library
45 Pleasant St, Woburn 01801
781-933-0148

TOWNSEND
Townsend Public Library
12 Dudley Rd, Townsend 01469
978-597-1714

TYNGSBOROUGH
Tyngsborough Public Library
25 Bryants Ln, Tyngsborough 01879
978-649-7361

UPTON
Upton Town Library
2 Main St, Upton 01568
508-529-6272

WAKEFIELD
Lucius Beebe Memorial Library
345 Main St, Wakefield 01880
781-246-6334

WALTHAM
Waltham Public Library
735 Main St, Waltham 02451
781-314-3425

WATERTOWN
Watertown Free Public Library
123 Main St, Watertown 02472
617-972-6431

WAYLAND
Wayland Free Public Library
5 Concord Rd, Wayland 01778
508-358-2311
### COMMUNITY RESOURCES AND SERVICES

**RESOURCES FOR AGING WELL**

*Indicates website link on seniorsbluebook.com*

#### SPECIALTY LIBRARIES

<table>
<thead>
<tr>
<th>Town</th>
<th>Library Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Andover</td>
<td>Andover Historical Society Caroline Underhill Research Library</td>
<td>97 Main St, Andover 01810</td>
<td>978-475-2236</td>
</tr>
<tr>
<td>Brookline</td>
<td>Frederick Law Olmsted National Historic Site Library</td>
<td>99 Warren St, Brookline 02445</td>
<td>617-566-1689</td>
</tr>
<tr>
<td>Concord</td>
<td>Adjutant Generals Office Military Archives Branch</td>
<td>91 Everett St, Concord 01742</td>
<td>978-369-4807</td>
</tr>
<tr>
<td>Dedham</td>
<td>Dedham Historical Society Library</td>
<td>612 High St, Dedham 02026</td>
<td>781-326-1385</td>
</tr>
<tr>
<td>Lawrence</td>
<td>Lawrence History Center Immigrant City Archives Library</td>
<td>6 Essex St, Lawrence 01840</td>
<td>978-686-9230</td>
</tr>
</tbody>
</table>

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Why Long Term Care Should Be Part of Your Financial Plan

For the last three years, Deborah Mills has been caring for her mother, who has Alzheimer’s and needs constant supervision. While Mills is happy to be in a situation in which she’s able to help, the experience has been stressful—especially given the high financial cost of caregiving.

Kamilah Williams-Kemp, vice president of long-term care at Northwestern Mutual, has seen firsthand the struggles of family caregivers, having watched her mother-in-law care for a family member. Northwestern Mutual’s C.A.R.E. (Costs, Accountabilities, Realities, Expectations) study found that expenses relating to caregiving made up around one-third of a caregiver’s monthly budget.

“What we saw in the study was that many of the people needing care had used up their assets to cover the costs of care,” said Williams-Kemp.

The Costs of Caregiving

When it comes to the impacts of caring for a loved one, the financial burdens of caregiving were cited in the study as the second biggest impact after reduced personal time. That’s not surprising given the rising costs of caregiving.

Many people don’t expect these expenses, according to Williams-Kemp. “In the study, only one in four potential future caregivers said that financial support was a key attribute of caregiving, but nearly two-thirds of caregivers actually end up providing financial support.”

How to Plan Ahead

Four in ten Americans are current or past caregivers, and one in five non-caregivers expect to provide care in the future. Still, a financial plan that includes long-term care can be a sensitive topic.

Ensuring that you have a plan can give you more options to make choices about care and protect your family.

How to Cope Financially if You Didn’t Plan

While the financial demands of caregiving can feel overwhelming, there are strategies that can help caregivers manage. “The first thing you’ll want to do is work with the financial advisor and attorney of the person who needs care,” Williams-Kemp said. “Look at his or her assets to figure out how to best leverage them in caregiving situations.”

Planning Ahead Provides Certainty in Uncertain Situations

Those who do have a plan in place feel comforted, according to Williams-Kemp. “I’ve been told by people whom we’ve helped plan ahead that there’s an incredible peace of mind to not having to worry about the financial aspects of their care or feel like they’re a burden to the family members who otherwise

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LIBRARIES
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LEXINGTON
National Heritage Museum Van Gorden–Williams Library & Archives
33 Marrett Rd, Lexington 02421
781-457-4109

LINCOLN
Walden Woods Project – The Thoreau Institute at Walden Woods
44 Baker Farm Rd, Lincoln 01773
781-259-4700

LOWELL
American Textile History Museum Osborne Library
491 Dutton St, Lowell 01854
978-441-0400

Lowell National Historical Park Library
67 Kirk St, Lowell 01852
978-970-5241

NEEDHAM
Needham Historical Society Library
1147 Central Ave, Needham 02492
781-455-8860

NEWTON
Newton History Museum Library
527 Washington St, Newton 02458
617-796-1450

NORTH ANDOVER
North Andover Historical Society Archives
153 Academy Rd, North Andover 01845
978-686-4035

WALTHAM
Suicide Prevention Resource Center SPRC Library
43 Foundry Ave, Waltham 02453
877-438-7772

WATERTOWN
Perkins Library
175 N Beacon St, Watertown 02472
617-972-7251

WELLESLEY
Massachusetts Horticultural Society Library
900 Washington St, Wellesley 02482
617-933-4912

LIFE INSURANCE

Northwestern Mutual – Bruce Mozinski
(ad on page 1)
257 Turnpike Rd, Ste 300,
Southborough 01772
508-251-7223

LONG TERM CARE INSURANCE

Northwestern Mutual – Bruce Mozinski
(ad on page 1)
257 Turnpike Rd, Ste 300,
Southborough 01772
508-251-7223
**Medicare 2017 “In A Nutshell”**  
*(Parts A, B & Medigap Plans)*

Original Medicare is a government health insurance program primarily for people age 65 and older. It has four main parts: A, B, C & D. The chart below is an example of how Parts A & B work together with a traditional Medicare supplement also known as a “Medigap Plan.”

|------------------------------------|------------------------------------|----------------------------------------|
| Generally no cost (If you paid Medicare taxes while working) | Most people pay monthly $104.90 - $121.86  
(Premium could be higher based on income)  
$166 annual deductible. | Premium varies by company, age, location & other factors. |
| $1,288 deductible (per hospital stay) | 80/20 after deductible. | These plans generally pay the Part A & B deductibles, the 20% not covered by Part B & other Medicare eligible benefits. |
| It is possible to pay $1,260 several times a year. | Plan covers: health care providers, ambulance, emergency care, outpatient surgical, preventive services and other Medicare approved benefits. | When this coordinates with Medicare, many benefits are 100% covered. |
| Plan covers: Inpatient hospital care, home health care services, hospice, inpatient skilled nursing & more. | Most doctors accept Medicare patients. | Plans coordinate with any doctor or hospital that accepts Medicare. |
| Providers are paid by Medicare assignment. | No coverage outside the USA. | Can provide benefits outside USA. |
| No coverage outside USA. | No out-of-pocket maximum. | Plans are only available through insurance companies. |
| No out-of-pocket maximum. | Many people add a Medigap plan, Part D or an Advantage Plan (Part C) to fill the “gaps” in the coverage. | Need to add a Part D plan to cover prescription drugs & avoid penalties. |
| Many people add a Medigap plan, Part D or an Advantage Plan (Part C) to fill the “gaps” in the coverage. | | Must have Part A & B to enroll. |

For more information visit [www.medicare.gov](http://www.medicare.gov) or call 1-800-MEDICARE.

There is no additional cost to use the services of a full time insurance professional. Please call us or a broker in your local area for additional assistance.

This article was written by Craig N. Anderson, President of Anderson Benefits, Inc. located in Salt Lake City, Utah. To contact call: 877-363-9575 or craig@andersonbenefits.com
Medicare Advantage plans are governed by Medicare. They are only offered through insurance companies that have an annual contract with Medicare. They are NOT the same as Medigap policies. They must cover all Medicare approved services. Most Advantage plans include Part D prescription drug coverage.

### Advantage Plans Part C

**INSTEAD of a Medigap Plan (A-N)**

- Premium varies by company and coverage. (Same premium for all ages).
- **Part B premium ($104.90 - $121.80)** is still paid (Premium can be higher depending on income)
- There are many plan types available: PPO, HMO, PFFS, etc.
- Plans have co-pays and/or coinsurance for covered benefits & services.
- Preventive care is covered 100%.
- Plans have an annual out-of-pocket maximum.
- Plans may have additional services and discounts, including dental, vision, gym membership & more.
- There is an Annual Election Period (AEP) which runs from October 15 - December 7 of each year. This is time to make changes in company or coverage.

Must have Part A & B to enroll.

### Medicare Part D

**Drug Program**

- Premium varies by company and coverage. (Same premium for all ages).
- Plans are generally a variation of the following:
  - **Deductible (Phase I)**
    - $0 - $400 deductible
  - **Initial Coverage (Phase II)**
    - co-pay coverage until the total cost of the drugs = $3,750
  - **Coverage Gap (Phase III)**
    - The member now pays almost all costs: 51% coinsurance or co-pay for covered generic drugs. 40% coinsurance for covered brand name drugs. You stay here until member has paid $4,950
  - **Catastrophic Coverage (Phase IV)**
    - For the remaining calendar year, covered drugs are: $3.30 / $8.25 or 5% depending on drug tier.
    - Part D can be separate with medigap & PFFS plans.
    - There is a penalty for late enrollment into Part D.
    - Annual Election Period is Oct 15 - Dec 7 each year

- Must have Part A or B to enroll.

For more information visit

www.medicare.gov or call

1-800-MEDICARE.

This information is the opinion of the author and intended as an easy to read summary.
This is not a contract. Additional limitations and exclusions may apply to services.
In the event of any inconsistencies with Medicare or with a published medical insurers certificate, the certificate / Medicare will control. Prepared 11/2016
COMMUNITY RESOURCES AND SERVICES

MEDICARE & MEDICAID INFORMATION

OUR PREFERRED PROVIDER

Senior Planning Services
(ad on page 64)
855-775-2664

MA Senior Medicare Patrol (SMP) Program
800-892-0890

Medicaid Hotline
800-221-3943

Medicare & Medicaid Claims
800-633-4227

Medicare Helpline
800-633-4227

Medicare/Medicaid Fraud Hotline
800-447-8477

Massachusetts Health
800-322-1448

Senior Planning Services
(ad on page 64)
855-775-2664

SHINE (Serving Health Information Needs of Elders)
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Check with your local COA

MEMORY CAFES

National Directory

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National Suicide Prevention Hotline
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The Samaritans Statewide CRISIS HOT LINE
877-870-4673

Massachusetts State Dept of Health & Human Services
One Ashburton Pl, Boston 02108
617-573-1600

MA Suicide Prevention Program
250 Washington St, 4th Fl, Boston 02108
617-624-5438

The Samaritans
41 West St, 4th Fl, Boston 02111
617-536-2460

MOBILITY EQUIPMENT

Next Day Access
(ad on page 14)
617-969-7267

Stannah Stairlift, Inc
(ad on Inside Front Cover)
20 Liberty Way, Ste A, Franklin 02038
888-663-7538

MOVE MANAGEMENT & ORGANIZING SERVICES

MARK-ONE
(ad on page 35)
888-627-5663

NUTRITION

AWAKEN Health Centers
(ad on page 41)
73 Lexington St, Newton 02466
617-559-9900

PHARMACIES

MetroWest Pharmacy
(ad on page 65)
214 Union Ave Framingham 01702
508-405-0609

Medication Delivery Services to your Home, Group Homes, Assisted & Subsidized Living Facilities
* Everyday Prescriptions
* Compounding  * Immunizations
* Medication Synchronization
* 90 day Medication Supply
* Home and Health Care Supplies
Hidden Gem: Your Local Independent Pharmacy

Each year, between 3 to 10% of the total US health care costs have been attributed to medication nonadherence—this totals up to approximately $100 to $300 billion in health care spending!

In fact, nearly half of all adults in the US have at least one chronic disease, with the number of adults taking three or more medications doubling between 2007 and 2010. In managing chronic disease, medication adherence becomes key.

Taking your medications as prescribed, not missing doses, and close communication with your provider reduces the risks of hospitalizations and poor outcomes from medication nonadherence. This is a fact that we have all heard, but what makes it so hard? Maybe the medication is too expensive. Maybe you just can’t get to the pharmacy. Or maybe you aren’t sure how the medication is going to help.

This is where the hidden gem that is your local independent pharmacy may offer valuable assistance—they offer all the services of the larger chains plus more. Most of these independent pharmacies offer blister packing services that organize your medications, making it easier to take them correctly and on time. They provide delivery services bringing your medications conveniently to your doorstep and useful educational materials through Specialty Disease State programs. Many of these pharmacies are even moving towards Collaborative Drug Therapy Management agreements between the pharmacist and provider. Such practice agreements allow the pharmacist to be directly involved in managing patient medication therapies, serving as an accessible resource to the community.

Frequenters will often speak of a personalized experience that keeps them coming back. The additional services, Specialty Disease State education, and co-pay assistant services are more than recognized to promote health and wellbeing within the community. So, the next time you’re out in the neighborhood--look for these local gems that can provide a multitude of services reducing barriers to taking your medication and ultimately, help you better manage your health.

Editor’s Note: This article was submitted by Yung-En Fung, PharmD, RPh Program Manager, V-Care Pharmacy and Surgical Supplies, 508-202-9993 ext. 3857. See ad page 65.
PRESCRIPTION ASSISTANCE & DISCOUNTS

AARP Prescription Discount Program
800-456-2277

Benefits CheckUp
202-479-1200

Lily Patient Assistance Program
877-795-4559

MCPHS University Pharmacy Outreach Program
25 Foster St, Worcester
866-633-1617

Medical Prescription Discount Card
800-377-1614

Medicare Prescription Drug Card
800-633-4227

Merck Patient Assistance Program
800-727-5400

Novartis Medicare Drug Plan Assistance Line
800-620-3292

Pfizer Pfriends
866-706-2400

Pharmaceutical Assistance for the Aged & Disabled (PAAD)
800-792-9745

Prescriptions Benefits
800-334-8134

Rx PhRMA
800-762-4636

MassMedLine
866-633-1617

Prescription Advantage
800-243-4636 option 1

The Shine Program
800-243-4636 option 2

PROBATE

Lannik Law, LLC
(Ad on page 36)
– 1320 Centre St, Ste 204, Newton 02459
  617-431-2669
– 2 Oak St, Ste 202, Mashpee 02649
  508-444-9445

Law Offices of Timothy R Loff
(Ad on page 34)
1087 Beacon St, Ste 201, Newton 02459
617-332-7021

RAMPS

Next Day Access
(Ad on page 14)
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Why Long Term Care Should Be Part of Your Financial Plan

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would have stepped in to help," she said. The full article can be found at www.northwesternmutual.com/life-and-money/long-term-care-should-be-a-part-of-your-financial-plan.

Editor’s Note: This article was prepared by Northwestern Mutual with the cooperation of Bruce Mozinski. Bruce Mozinski is a Wealth Management Advisor with Northwestern Mutual, the marketing name for The Northwestern Mutual Life Insurance Company (NM), Milwaukee, Wisconsin, and its subsidiaries. Bruce Mozinski is based in Southborough, MA. To contact Bruce Mozinski, please call (508) 251-7223, e-mail at bruce.mozinski@nm.com, or visit brucemozinski.com. See ad on page 1.
REAL ESTATE SERVICES

Pathway Home Realty Group – Michelle Quinn
(ad on page 68)
1359 Centre St, Newton 02459
508-948-5642

Sometimes the best move may not be to make one:
What makes the most sense? Sometimes aging in place where you are is best, sometimes looking for a more manageable home or one of many senior living options is better. Let’s discuss what meets your current needs and life plan.

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Most skilled nursing facilities offer different levels of rehabilitation services. Please see our skilled nursing grid on pages 170-181 for details.

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**Benchmark Senior Living at The Commons**  
(ad on pages 69, 159)  
1 Harvest Cir, Lincoln 01773  
877-452-1649

**NATICK**

**Mary Ann Morse Nursing & Rehabilitation**  
(ad on page 156)  
45 Union St, Natick 01760  
508-433-4400

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(ad on page 108)  
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617-792-0500

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100 TradeCenter, Ste G-700  
Woburn 01801  
781-202-5401

**Middlesex Healthcare Services**  
(ad on Inside Back Cover)  
978-655-4749  
– 360 Merrimack St, Bldg 5, Ste 25, Lawrence 01843  
– 130 Lincoln St, Ste 5-7, Worcester 01608

**The MEDLAW Group**  
(ad on page 29)  
PO Box 95174, Newton 02495  
860-428-0217

**RESPITE CARE**

Respite is a period of rest or relief for those who give constant care to an ill person. Many skilled nursing facilities and assisted living communities offer this service.

**Alzheimer’s Association Helpline**  
(ad on page 82)  
800-272-3900

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**COMMUNITY RESOURCES AND SERVICES**

**RESPITE CARE continued**

**BOSTON**

 ries

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(ad on pages 137,161)
1380 Columbia Rd, Boston 02127
617-268-5450

**Susan Bailis**
(ad on page 155)
352 Massachusetts Ave, Boston 02115
617-247-1010

**BROOKLINE**

**Goddard House**
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165 Chestnut St, Brookline 02445
617-731-8500

**CAMBRIDGE**

**Cambridge Homes**
(ad on pages 137,161)
360 Mt Auburn St, Cambridge 02138
617-876-0369

**Youville House**
(ad on page 139)
1573 Cambridge St, Cambridge 02138
617-491-1234

**CANTON**

**Cornerstone at Canton**
(ad on pages 137,161)
175 Revere St, Canton 02021
781-821-3616

**CONCORD**

**Concord Park**
(ad on pages 137,161)
68 Commonwealth Ave, Concord 01742
978-369-4728

**DRACUT**

**The Arbors at Dracut**
(ad on page 155)
21 Broadway Rd, Dracut 01826
978-455-9182

**FRAMINGHAM**

**Heritage at Framingham**
(ad on page 156)
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**GROTON**

**Rivercourt Residences**
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8 W Main St, Rte 225, Groton 01450
978-448-4122

**HOPKINTON**

**Golden Pond**
(ad on page 155)
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Looking to Connect with Other Seniors?

Check out our local activity calendars on SeniorsBlueBook.com
LEXINGTON

Youville Place  
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(ad on pages 137, 161)  
341 Forest St, Malden 02148  
781-333-8903

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508-281-8001

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(ad on pages 137, 161)  
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Mary Ann Morse Nursing & Rehabilitation  
(ad on page 156)  
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Arbors Assisted Living at Stoneham, The  
(ad on page 155)  
140 Franklin St, Stoneham 02180  
781-435-1958

SUDbury

Orchard Hill  
(ad on page 154)  
761 Boston Post Rd, Sudbury 01776  
978-443-0080

WINTHROP

Arbors at Winthrop, The  
(ad on page 155)  
46 Lincoln St, Winthrop 02152  
617-207-3009

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US Dept of Housing Resource Ctr  
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American Consumer Credit Counseling  
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800-769-3571

Community Service Network, Inc  
52 Broadway, Stoneham 02180  
781-438-1977

Credit Card Management Svcs, Inc  
180 Massachusetts Ave, Ste 303,  
Arlington 02474  
781-646-2648

HOME (Homeowner Options for Massachusetts Elders)  
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978-929-6652

**ANDOVER**

Andover Council on Aging  
30 Whittier Ct, Andover 01810  
978-623-8321

**ARLINGTON**

Arlington Council on Aging  
27 Maple St, Arlington 02476  
781-316-3400

**ASHBY**

Ashby Council on Aging  
895 Main St, Ashby 01431  
978-386-2424

**ASHLAND**

Ashland Council on Aging  
162 W Union St, Ashland 01721  
508-881-0140

*Continued on next page ➔*
COMMUNITY RESOURCES AND SERVICES

SENIOR CENTERS / COUNCIL ON AGING (COA) continued

AYER
Ayer Council on Aging
18 Pond St, Ayer 01432
978-772-8260

BEDFORD
Bedford Council on Aging
12 Mudge Way, Bedford 01730
781-275-6825

BELMONT
Belmont Council on Aging
266 Beech St, Belmont 02478
617-993-2970

BERLIN
Berlin Council on Aging
23 Linden St, Berlin 01503
978-838-2750

BILLERICA
Billerica Council on Aging
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978-671-0916

BOLTON
Bolton Council on Aging
600 Main St, Bolton 01740
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BOxbOROUGH
Boxborough Council on Aging
29 Middle Rd, Boxborough 01719
978-263-1116

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Brookline Council on Aging
93 Winchester St, Brookline 02446
617-730-2777

BURLINGTON
Burlington Council on Aging
61 Center St, Burlington 01803
781-270-1950

CAMBRIDGE
Cambridge Council on Aging
806 Massachusetts Ave, Cambridge 02139
617-349-6060

CANTON
Canton Council on Aging
500 Pleasant St, Canton 02021
781-828-1323

CARLISLE
Carlisle Council on Aging
66 Westford St, Carlisle 01741
978-371-2895

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Chelmsford Council on Aging
75 Groton Rd, N Chelmsford 01863
978-251-0533

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Concord Council on Aging
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978-318-3020

DEDHAM
Dedham Council on Aging
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781-326-1650

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Dover Council on Aging
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Dracut Council on Aging
951 Mammoth Rd, Dracut 01826
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DUNSTABLE
Dunstable Council on Aging
511 Main St, Dunstable 01827
978-649-4514

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Everett Council on Aging
90 Chelsea St, Everett 02149
617-394-2323

FRAMINGHAM
Framingham Council on Aging
535 Union Ave, Framingham 01702
508-532-5980

GROTON
Groton Council on Aging
163 W Main St, Groton 01450
978-448-1170

HARVARD
Harvard Council on Aging
13 Ayer Rd, Harvard 01451
978-456-4120

HOLLISTON
Holliston Council on Aging
150 Goulding St, Holliston 01746
508-429-0622

HOPKINTON
Hopkinton Council on Aging
28 Mayhew St, Hopkinton 01748
508-497-9730

HUDSON
Hudson Council on Aging
29 Church St, Hudson 01749
978-568-9638

LAWRENCE
Lawrence Council on Aging
155 Haverhill St, Lawrence 01840
978-620-3550

LEXINGTON
Lexington Council on Aging
39 Marrett Road, Lexington 02421
781-698-4840

LINCOLN
Lincoln Council on Aging
15 Bedford Rd, Lincoln 01773
781-259-8811

LITTLETON
Littleton Council on Aging
33 Shattuck St, Littleton 01460
978-540-2470

LOWELL
Lowell Council on Aging
276 Broadway St, Lowell 01854
978-674-1172

MALDEN
Malden Council on Aging
7 Washington St, Malden 02148
781-397-7144

MARLBOROUGH
Marlborough Council on Aging
40 New St, Marlborough 01752
508-485-6492

Continued on next page ›
COMMUNITY RESOURCES AND SERVICES

SENIOR CENTERS / COUNCIL ON AGING (COA) continued

MAYNARD
Maynard Council on Aging
50 Brown St, Maynard 01754
978-897-1009

MEDFIELD
Medfield Council on Aging
One Icehouse Rd, Medfield 02052
508-359-3665

MEDFORD
Medford Council on Aging
101 Riverside Ave, Medford 02155
781-396-6010

MEDWAY
Medway Council on Aging
76 Oakland St, Medway 02053
508-533-3210

MELROSE
Melrose Council on Aging
235 W Foster St, Melrose 02176
781-665-4304

METHUEN
Methuen Council on Aging
77 Lowell St, Methuen 01844
978-983-8825

MILFORD
Milford Council on Aging
60 N Bow St, Milford 01757
508-473-8334

MILLIS
Millis Council on Aging
900 Main St, Millis 02054
508-376-7051

NATICK
Natick Council on Aging
117 E Central St, Natick 01760
508-647-6540

NEEDHAM
Needham Council on Aging
300 Hillside Ave, Needham 02492
781-455-7555

NEWTONVILLE
Newton Council on Aging
345 Walnut St, Newtonville 02460
617-796-1660

NORTH ANDOVER
North Andover Council on Aging
120R Main St, North Andover 01845
978-688-9560

NORTH READING
North Reading Council on Aging
157 Park St, North Reading 01864
978-664-5600

NORTHBOROUGH
Northborough Council on Aging
119 Bearfoot Rd, Northborough 01532
508-393-5035

NORWOOD
Norwood Council on Aging
275 Prospect St, Norwood 02062
781-762-1201

Continued on page 78>
Come 2 B Dementia Friendly

The Councils on Aging in Marlborough, Hudson and Northborough have received a grant to implement a project called building a Dementia Friendly Community.

The purpose is to educate the public on best practices for interacting with people, at various stages of dementia, who are living in the community. The program is called Come 2B Dementia Friendly.

Health Technology students and Practical Nursing students at the Assabet Valley Regional Technical High School are working together on this project to become the First Dementia Friendly School. This will be an impactful way of spreading the Dementia Friendly initiative for years to come by educating the future tradespeople of the community.

Many Assabet Valley departments already serve older adults in their shops and many students will graduate as tradespeople who will be entering homes in this community. Practical Nurse students and Health Technology students have participated in a training program from the Alzheimer’s Association in addition to their clinical experience. They are using their expertise and understanding to help educate other students in the school about the problems of living with dementia and provide them with some strategies they can use to help persons with dementia they may encounter in their work.

The Health Technology and Practical Nurse-Dementia Friendly teams have been going into the school’s technical program shops to do interactive training sessions. There has been a lot of enthusiasm for the project and many students have shared stories of family members who are living with dementia. Discussions and questions have been excellent and post program surveys have been extremely positive.

At the end of the sessions the shops are given written information about dementia and a decal to display identifying their shop as Dementia Friendly. Once the training is complete the school will be labeled Dementia Friendly and the team will move on to the next phase.

Assabet Valley is proud to be working on a community wide project and the education the students provide for each other is one more way that we show our commitment to be the best we can be.

For more information on the project visit the website: www.come2bdementia-friendlymarlborough.org/

For information on the Practical Nurse Program visit www.assabetvalleylpn.org

For information on Assabet Valley Regional Technical visit www.assabettech.com

Editor’s Note: This article was submitted by Ellen Santos MSN, RN, CNE, Director of Practical Nursing, Assabet Valley RVSD
STOW

Stow Council on Aging
380 Great Rd, Stow 01775
978-897-1880

SUDBURY

Sudbury Council on Aging
40 Fairbank Rd, Sudbury 01766
978-443-3055

TEWKSBURY

Tewksbury Council on Aging
175 Chandler St, Tewksbury 01876
978-640-4480

TOWNSEND

Townsend Council on Aging
16 Dudley Rd, Townsend 01469
978-597-1710

TYNGSBOROUGH

Tyngsborough Council on Aging
169 Westford Rd, Tyngsborough 01879
978-649-9211

UPTON

Upton Council on Aging
2 Farm St, Upton 01568
508-529-4558

WAKEFIELD

Wakefield Council on Aging
30 Converse St, Wakefield 01880
781-245-3312

WALTHAM

Waltham Council on Aging
488 Main St, Waltham 02452
781-314-3499
**WATERTOWN**

Watertown Council on Aging  
31 Marshall St, Watertown 02472  
617-972-6490

**WAYLAND**

Wayland Council on Aging  
41 Cochituate Rd, Wayland 01778  
508-358-2990

**WELLESLEY HILLS**

Wellesley Council on Aging  
219 Washington St, Wellesley Hills 02481  
781-235-3961

**WESTBOROUGH**

Westborough Council on Aging  
4 Rogers Rd, Westborough 01581  
508-366-3000

**WESTFORD**

Westford Council on Aging  
20 Pleasant St, Westford 01886  
978-692-5523

**WESTON**

Weston Council on Aging  
20 Alphabet Ln, Weston 02493  
781-786-6280

**WESTWOOD**

Westwood Council on Aging  
60 Nahatan St, Westwood 02090  
781-329-8799

**WILMINGTON**

Wilmington Council on Aging  
15 School St, Wilmington 01887  
978-657-7595

**WINCHESTER**

Winchester Council on Aging  
109 Skillings Rd, Winchester 01890  
781-721-7136

**WOBURNE**

Woburn Council on Aging  
144 School St, Woburn 01801  
781-897-5960

**SENIOR HEALTH CLINICS**

Health clinics usually provide more comprehensive health and related services than a traditional medical practice. Services may include physicians who specialize in geriatrics, a nurse practitioner, a Medical Social Worker and, in many cases, financial discounts may be available.

**COMMUNITY HEALTH CLINICS – PRIMARY**

**CAMBRIDGE**

CHA Cambridge Family Health  
237 Hampshire St, Cambridge 02139  
617-575-5570

CHA Cambridge Family Health North  
2067 Mass Ave, Cambridge 02140  
617-575-5570

CHA East Cambridge Health Center  
163 Gore St, Cambridge 02141  
617-665-3000

CHA Windsor Street Health Center  
119 Windsor St, Cambridge 02139  
617-665-3600

**EVERETT**

MGH Everett Family Care  
19 Norwood St, Everett 02149  
617-394-7500

*Continued on next page →*
COMMUNITY RESOURCES AND SERVICES

SENIOR HEALTH CLINICS
COMMUNITY HEALTH CLINICS – PRIMARY continued

FRAMINGHAM
Edward M Kennedy Community Health Center Waverly St
354 Waverly St, Framingham 01702
508-270-5700

MetroWest Free Medical First Parish Church
110 Edgell Rd, Framingham 01702
508-656-0885

LAWRENCE
Greater Lawrence Family Health Center
– North site
150 Park St, Lawrence 01841
978-685-1770

– South Site
73D Winthrop Av, Plz 114, Lawrence 01843
978-686-3017

– West site
700 Essex St, Lawrence 01840
978-689-2400

Greater Lawrence Family Health Center, Inc
34 Haverhill St, Lawrence 01841
978-686-0090

LOWELL
Lowell Community Health Center
161 Jackson St, Lowell 01852
978-937-9700

Metta Health Center
135 Jackson St, Lowell 01852
978-441-1700

MALDEN
CHA Malden Family Medicine Ctr
195 Canal St, Malden 02148
781-338-0500

METHUEN
Methuen Family Health Center
70 East St, Methuen 01844
978-683-3491

MILFORD
Edward M Kennedy Community Health Center Milford
42 Cape Rd, Milford 01757
800-853-2288

SOMERVILLE
CHA Broadway Health Center
300 Broadway, 1st Fl, Somerville 02145
617-284-7000

CHA Union Square Family Health
337 Somerville Ave, Somerville 02143
617-665-3370

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VA Boston Healthcare
“Only the Best for America’s Finest”
800-865-3384 /www.boston.va.gov
Email: VABostonVets@va.gov VA New England: 844-822-2737
SUDBURY

MetroWest Free Medical Congregation Beth El
105 Hudson Rd, Sudbury 01776
508-656-0740

WALTHAM

Joseph M Smith Community Health Center Waltham
564 Main St, Waltham 02452
781-693-3800

LOWELL

Middlesex Community College
Talbot Building
44 Middle St, Lowell 01852
978-656-3250

NEWTON

Mount Ida College
77 Dedham St, Newton 02459
617-928-7360

METHUEN

Methuen Family Health Center
70 East St, Methuen 01844
978-683-3491

MILFORD

Edward M Kennedy Community Health Center Milford
42 Cape Rd, Milford 01757
800-853-2288

SOMERVILLE

CHA Broadway Health Center
300 Broadway, 1st Fl, Somerville 02145
617-284-7000

SENIOR ORGANIZATIONS & SERVICES

NATIONAL

Alzheimer’s Association
225 N Michigan Ave, Fl 17, Chicago 60601
800-272-3900

American Cancer Society
250 Williams St NW, Atlanta 30303
800-227-2345

American Council of the Blind
2200 Wilson Blvd, Ste 650
Arlington 22201
800-424-8666

American Diabetes Association
1701 N Beauregard St, Arlington 22311
800-342-2383

American Heart Association
7272 Greenville Ave, Dallas 75231
800-242-8721

Continued on next page
American Parkinson Disease Association
(ad on page 84)
135 Parkinson Ave, Staten Island 10305
800-651-8466

American Stroke Association
800-553-6321

Arthritis Foundation
1330 Peachtree St, Atlanta 30309
800-283-7800

Arthritis Information Hotline
800-444-4993

Easter Seals Society
223 S Wacker Dr, Ste 2400, Chicago 60606
800-221-6827

Huntington’s Disease Society of America
505 Eighth Ave, Ste 902, New York 10018
800-345-4372

Leukemia and Lymphoma Society
1311 Maramoneck Ave, Ste 310,
White Plains 10605
800-286-8159

Lupus Foundation of America
2000 L St NW, Ste 410,
Washington 20036
202-349-1155

Muscular Dystrophy Association
222 S Riverside Plaza #1500
Chicago 60606
800-572-1717

National Council on Aging
1901 L St NW, 4th Fl, Washington 20036
800-424-9046

National Family Caregivers Assoc
800-896-3650

National Kidney Foundation, Inc
30 E 33rd St, New York 10016
800-622-9010

National Multiple Sclerosis Society
800-344-4867

Continued on page 84 >
Did you know that only 50% of people with Alzheimer’s disease are diagnosed and of those, only half are told of their diagnosis by their primary care provider?

Here at the Alzheimer’s Association, we are aiming to change the way dementia care is practiced by bridging the gap between services for families and care providers with our Direct Referral Initiative. This initiative establishes a relationship with primary care providers to ensure that people with dementia and their caregivers are provided with support and resources earlier in the disease process starting with a primary care physician sending a direct referral to the Alzheimer’s Association after having received consent. The goal of this initiative is to have an impact on overall increased satisfaction with care, caregiver education; less perceived caregiver stress and burn out, amongst many other positive outcomes. Talk to your primary care physician about collaborating with us today!

The Alzheimer’s Association works on a global, national, and local level to enhance care and support for all those affected by Alzheimer’s and other dementias. We provide education to families, communities, and professionals, we provide information on various topics surrounding dementia, and we have various support groups around our two-state Chapter, amongst many other services we are here to provide. Our mission is to eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. We are here to help. Contact us today to learn more about our programs.

The Alzheimer’s Association Helpline is available 24/7 to provide reliable information and support to all those who need assistance. Call us toll-free anytime day or night at 1.800.272.3900. Our 24/7 Help-line serves people with memory loss, caregivers, health care professionals, and the public. To meet the increasing demands for service and support, we have expanded programs, and have five offices around Massachusetts and New Hampshire: Watertown, Raynham, Springfield and Worcester, MA and Bedford, NH.

Editor’s Note: This article was submitted by Russell Martin, Public Relations and Marketing Manager Alzheimer’s Association, Massachusetts and New Hampshire Chapter. See ad page 82.
SENIOR ORGANIZATIONS & SERVICES continued from page 82

National Osteoporosis Foundation
1150 17th St NW #850, Washington 20036
800-223-9994

National Parkinson Foundation
200 SE First St, Ste 800, Miami 33131
800-473-4636

United Ostomy Associations of America, Inc
2489 Rice St, Ste 275, Roseville 55113
800-826-0826

LOCAL

AARP – Local Chapter Information
One Beacon St, Ste 2301, Boston 02108
866-448-3621

Alzheimer’s Association
MA/NH (ad on page 82)
480 Pleasant St, Watertown 02472
800-272-3900

American Cancer Society
– Central New England Region
42 Nagog Park, Ste 110, Acton 01720
781-894-6633

American Liver Foundation
– New England
88 Winchester St, Newton 02461
617-527-5600

American Lung Association
of the Northeast
460 Totten Pond Rd Ste 400,
Waltham 02451
800-499-LUNG

APDA Info & Referral Center – Boston
(ad on page 84)
72 E Concord St C3, Boston 02118
617-638-8466

Arthritis Foundation
– Massachusetts
29 Crafts St, Ste 450, Newton 02458
617-244-1800

Bay State Council of the Blind
57 Grandview Ave, Watertown 02472
617-923-4519

BU Alzheimer’s Disease Center (ad on page 3)
617-414-1077

Easter Seals – Massachusetts
484 Main St, Worcester 01618
800-244-2756

Continued on page 86

To learn more, visit apdama.org or call us at (800)-651-8466
Parkinson’s Disease – Support for You

A diagnosis of Parkinson’s is a life-changing moment. However, with advances in treatment and the right support there is much an individual with Parkinson’s disease can do to live every day to the fullest.

The American Parkinson Disease Association (APDA) is the country’s largest grassroots organization serving those touched by Parkinson’s disease. What makes APDA unique is that we are in cities, towns, and communities across the U.S. Throughout our nationwide network of Chapters and Information & Referral Centers, Centers for Advanced Research, Specialized programs in Young Onset, Veterans and Rehabilitation Resources, and countless support groups, we are able to quickly reach people and connect them to resources that will provide the best outcomes as they navigate Parkinson’s disease.

Parkinson’s disease is a progressive neurological movement disorder. Over one million people live with Parkinson’s and there are 60,000 new cases each year in the U.S. alone. It can begin with a tremor, difficulty writing, stooped posture, stiff muscles, or slightly slurred speech; symptoms are different for every person.

APDA’s mission is to provide information, education, and support to all impacted by the disease and to fund scientific research into the causes, prevention, treatments and ultimately the cure. We take pride in the fact that we are in your community and many others across the country serving people with Parkinson’s disease to provide support from the day of diagnosis throughout the Parkinson journey. We have also been a funding partner in most major Parkinson’s disease discoveries and we will continue to fund research initiatives that can stop the devastation of living with this disabling disease.

APDA is here to help with:
- Health and wellness initiatives delivering programs to help people maintain independence and optimism starting at diagnosis
- Education and support programs connecting people with Parkinson’s in local communities
- Expedited and innovative research to develop promising clinical approaches and better outcomes and funding the next generation of scientists dedicated to finding new treatments and a cure.

To learn more call the American Parkinson Disease Association at 800-223-2732 or visit our website at www.apdaparkinson.org.

For information about Massachusetts programs, call 800-651-8466 or visit the APDA MA website at www.apdama.org

Editor’s Note: This article was submitted by Stephanie Paul, Vice President, spaul@apdaparkinson.org. See ad page 84.
COMMUNITY RESOURCES AND SERVICES

SOCIAL SECURITY

Social Security Administration
Medicare Claims
800-633-4227

Social Security Offices
– Cambridge
  10 Fawcett St, 1st Fl, Cambridge 02138
  800-772-1213
– Framingham
  100 Concord St, Framingham 01702
  800-772-1213
– Lawrence
  439 S Union St, Ste 208, Lawrence 01843
  800-772-1213
– Lowell
  151 Warren St, Lowell 01852
  800-772-1213
– Malden
  192 Commercial St, Malden 02148
  800-772-1213
– Norwood
  1 Edgewater Dr, Norwood 02062
  800-772-1213
– Waltham
  135 Beaver St, Ste 120, Waltham 02452
  800-772-1213

SPECIALIZED PHARMACIES

MetroWest Pharmacy
(ad on page 65)
214 Union Ave Framingham 01702
508-405-0609

STAIRLIFTS

Stannah Stairlift, Inc
(ad on Inside Front Cover)
20 Liberty Way, Ste A, Franklin 02038
888-663-7538
Stairs a Problem? Consider These Questions.

Are you, or someone you know, having difficulty getting up and down stairs? A stairlift could be the solution, but it’s important to ask the right questions!

For many seniors, continuing to enjoy life in the place they’ve come to call “home” is a high priority. However, if stairs are a problem, the prospect of aging in place can quickly become a daunting challenge. If you find that you’re planning your day around the stairs, coming down in the morning and avoiding going back up until it’s time for bed, you’re probably already thinking about making a change.

While some might suggest moving your bedroom to the first floor or installing a residential elevator, it can be difficult to cram everything into a half-sized living space and the costs associated with installing an elevator are often prohibitive for the average family.

In many cases, a stairlift is the most practical solution for getting up and down stairs, allowing you to enjoy the full use of your home. While this is a great option, it is important to ask the right questions.

How long do you plan to stay in your home?

We’d all like to live in our homes forever, but it’s important to think ahead. Deciding how long you plan to stay in your home is an important first step in the stairlift process.

Some companies offer short-term rental plans and buybacks that allow you to install a stairlift for just a short time. 18 months is a good number to keep in mind; if you plan to stay longer than that, you’re probably better off buying the stairlift outright.

What mobility restrictions does the user have?

For some, the difficulty begins and ends with climbing the stairs. But, mobility can change over time. It’s important to consider additional features that could become necessary down the road. Features, like a powered swivel or an easy-to-use seatbelt, could later become critical in ensuring a safe trip upstairs.

What is the company’s reputation?

When dealing with a stairlift company, it is important to make sure that they are honest and reputable. How long has the company been in business? Do they have any recalls on their products? What do their customers say about them? Knowing who you’re working with is half the battle!

To learn more about stairlifts and the questions you should be asking, visit Stannah-Stairlifts.com or call 1 (888) 663-7538.

Editor’s Note: his article was submitted by Stannah Stairlift, Inc. See ad on Inside Front Cover.
SUBSIDIZED HOUSING RESOURCES

HUD
800-225-5342

Boston Regional Office
10 Causeway St, 3rd Fl, Boston 02222
617-994-8200

SUPPORT GROUPS

Alzheimer’s Association Helpline (ad on page 82)
800-272-3900

American Cancer Society
800-227-2345

American Council of the Blind
800-424-8666

American Diabetes Association
800-342-2383

American Heart Association
800-242-8721

American Lung Association
800-586-4872

American Parkinson Disease Association (ad on page 84)
800-651-8466

American Stroke Association
800-553-6321

Arthritis Foundation
800-283-7800

Leukemia and Lymphoma Society
800-286-8159

National Family Caregivers Assoc
800-896-3650

National Parkinson Foundation
800-327-4545

New England Carcinoid Connection
www.carcinoid.org
PO Box 366282, Boston 02136

United Cerebral Palsy of MetroBoston
71 Arsenal St, Watertown 02472
617-926-5480

TAX INFORMATION

Check with local COA

TRANSPORTATION

Greater Boston Metrowest
34 Deloss St Fl 1, Framingham 01702
508-309-7375

Lowell Regional Transit Authority
145 Thorndike St, Lowell 01852
978-452-6161

MBTA
10 Park Plz, Ste 3910, Boston 02116
617-222-3200

MetroWest Regl Transit Authority
37 Waverly St, Framingham 01702
508-935-2222

Montachusett Regional Transit Authority
1427R Water St, Fitchburg 01420
978-345-7711

National Ctr on Sr Transportation
1425 K St NW, Ste 200, WDC 20005
866-528-6278
COMMUNITY RESOURCES AND SERVICES

-- VETERAN BENEFITS AND SERVICES -- FEDERAL

-- VA HEALTHCARE ENROLLMENT

VA Boston  (ad on pages 80, 90)
- Healthcare Enrollment & Eligibility Center
  VABostonVets@VA.gov
  800-865-3384

VA New England Healthcare Enrollment  (ad on pages 80, 90)
- outside of Boston area
  844-822-2737

-- VETERAN SERVICES MEDICAL CENTERS

West Roxbury Campus  (ad on pages 80, 90)
- 24/7
  1400 VFW Pkwy, West Roxbury 02132
  617-323-7700
- Urgent Care 857-203-5425

Jamaica Plain Campus  (ad on pages 80, 90)
- M-F 8am-4pm
  150 S Huntington Ave, Jamaica Plain 02130
  617-232-9500
- Urgent Care 857-364-5250

Brockton Campus  (ad on pages 80, 90)
- 24/7
  940 Belmont St, Brockton 02301
  508-583-4500
- Urgent Care 774-826-2318

-- VETERAN SERVICES COMMUNITY BASED OUTPATIENT CLINICS

Boston Outpatient Clinic  (ad on pages 80, 90)
- M-F 8am-4:30pm
  251 Causeway St, Boston 02114
  617-248-1000

Framingham Community Based Outpatient Clinic  (ad on pages 80, 90)
- M-F 8am-4:30pm
  61 Lincoln St, Ste 112
  Framingham 01702
  508-628-0205

Lowell Community Based Outpatient Clinic  (ad on pages 80, 90)
- M-F 8am-4:30pm
  130 Marshall Rd, Lowell 01852
  978-671-9000

Quincy Community Based Outpatient Clinic  (ad on pages 80, 90)
- M W F 7:30am-4pm, T Th 8am-4:30pm
  Quincy Medical Center
  110 W Squantum St, Quincy 02169
  774-826-3070

-- VETERAN SERVICES OTHER AREA MEDICAL FACILITIES

Edith Nourse Rogers Memorial Veterans Hospital
200 Springs Rd, Bedford 01730
781-687-2000

Worcester Community Based Outpatient Clinic
605 Lincoln St, Worcester 01605
508-856-0104

Continued on page 92
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VABostonVets@va.gov

VA BOSTON HEALTHCARE SYSTEM
www.boston.va.gov
Managing Your Memory

Two VA doctors have written a new book, *Seven Steps to Managing Your Memory: What’s Normal, What’s Not, and What to Do About It*, as a resource for individuals who are concerned about their memory or would simply like to know what they can do to improve their memory and keep it strong.

Dr. Andrew Budson is Associate Chief of Staff for Education and Chief of Cognitive & Behavioral Neurology at the VA Boston Healthcare System, and Dr. Maureen O’Connor is Chief of Neuropsychology at the Bedford VA Hospital; they also lead the education efforts of the Boston University Alzheimer’s Disease Center. They began writing the book when they realized that most people don’t know which memory problems are part of normal aging and which are likely due to a brain disease, like Alzheimer’s.

“Most people think that if their memory is as good as their neighbor’s then it must be OK. The issue is that memory difficulties are so common, it may be that both you and your neighbor are having serious memory problems and don’t realize it,” Budson explains. “In the last ten years there has been an explosion in our knowledge of what causes memory loss and how best to diagnose and treat it. We also know much more about how to keep one’s memory strong.”

In the book, they explain what changes are expected in healthy aging (Step 1) and how to determine if your memory is normal (Step 2). They discuss when to see your doctor, what a memory evaluation should consist of, and the different disorders that can cause memory loss (Step 3). Medications to treat memory loss are then explained in detail (Step 4), followed by the diets and physical activities that can help (Step 5). Lastly, they discuss strategies and aids to keep your memory strong (Step 6) and how to plan your future (Step 7). The book is available at your local library or for purchase on Amazon.

The VA has a full array of state-of-the-art diagnostic and treatment facilities available for senior Veterans and the caregivers, including Memory Disorders clinics, Neuropsychology services, and comprehensive Geriatrics evaluations, as well as Day Programs and Long-Term Care.

Continued on page 154
VETERANS BENEFITS AND SERVICES – FEDERAL
continued from page 88

– VETERAN SERVICES COUNSELING SERVICES
For veterans and immediate family members

Boston VA Vet Center
(ad on pages 80, 90)
7 Drydock Ave, Ste 2070, Boston 02210
857-203-3001

Worcester VA Vet Center
(ad on pages 80, 90)
691 Grafton St, Worcester 01604
508-753-7902

Veterans Crisis Line
www.veteranscrisisline.net
800-273-8255 x1

– VETERAN BENEFITS ADMINISTRATION

Boston Regional Benefit Office
JFK Federal Bldg, 15 New Sudbury St,
Boston 02203
800-827-1000

VA Compensation & Pensions
– Service Connected Disabilities & Income Support
JFK Federal Bldg, 15 New Sudbury St
Boston 02203
800-827-1000

VA Education Benefits
888-442-4551

VA Home Loan Benefits
888-827-3702

Life Insurance Center
800-669-8477

VA Caregiver Support
for Those Caring for Veterans
855-260-3274

– VA NATIONAL CEMETERY

Massachusetts National Cemetery
Connery Ave, Bourne 02532
508-563-7113

VA Cemetery Administration
– Burial Benefits
Bourne 02532
800-535-1117

VETERAN BENEFITS – COMMONWEALTH

Massachusetts Dept of Veterans Services (DVS)
600 Washington St, 7th Fl, Boston 02111
617-210-5480

Commonwealth of Massachusetts S.A.V.E. Team
617-210-5743 / 888-844-2838
Links Mass Vets to State and Federal Resources

Massachusetts Veterans Advisor
www.massvetsadvisor.org
Lists Town Vet Service Officers (VSO)
Check with local Town Hall

VETERAN SERVICES – OTHER

RSVP Norfolk County
614 High St, Dedham 02026
781-329-5728
(rides for medical appointments)

Tri-Care Health Services
800-417-5086
(Military retiree healthcare, prescription services)
Veterans’ Voice 95.9 FM WATD
www.959watd.com/veteransvoice
(Veteran radio show Thur 7pm - 8pm)

VISION RESOURCES

NATIONAL

American Council of the Blind
800-424-8666
American Foundation of the Blind
800-232-5463
Foundation Fighting Blindness
800-683-5555
Library for the Handicapped
800-685-2136
Lighthouse International
800-829-0500
National Eye Care Project Helpline
800-222-3937
North American Resource Line for Braille
800-272-4553
Prevent Blindness America
800-221-3004
Recorded magazines
888-724-6423
Sight & Hearing Association
800-992-0424
Vision Council of America
800-424-8422
Lions International (Clubs & Organizations)
300 W 22nd St, Oak Brook 60523
630-571-5466

LOCAL

Carroll Center for the Blind – Senior Vision Services
770 Centre St, Newton 02458
617-969-6200

Lions Club Belmont
1 Common St, Belmont 02478
617-484-9816

Lions Club Natick
9 Lincoln St, Natick 01760
508-653-9446

MAB Community Services
200 Ivy St, Brookline 02446
617-738-5110

Mass Lions Eye Research Fund, Inc
PO Box 6050, New Bedford 02742

MA Commission for the Blind
600 Washington St, Boston 02111
617-727-5550

Perkins Library
175 N Beacon St, Watertown 02472
617-972-7376

Perkins Solutions
175 N Beacon St, Watertown 02472
617-972-7308

VOLUNTEER OPPORTUNITIES

AARP Give Back
www.aarp.org/giving-back

Senior Corp
1201 New York Ave NW, Washington 20525
800-942-2677

United Way National Phone Line
211

Continued on page 95 ➤
The Perkins Library is the free public library for people who have difficulty reading regular sized print.

This includes people who are blind, visually impaired, physically unable to hold a book or reading disabled. A special part of the Library of Congress, the Perkins Library is part of the National Library Service for the Blind and Physically Handicapped (NLS) and serves the entire Commonwealth of Massachusetts with accessible and completely free materials shipped right to your door. While many people only associate Perkins with vision loss, many more people may qualify for this service. Perhaps someone has 20/20 vision but the book is inaccessible. If a person has arthritis, paralysis, or any other condition which makes it difficult to hold a book or turn pages, they are also eligible.

Eligible people apply to become a member of the Perkins Library by submitting a simple application. The application needs to be signed by a certifying authority (a doctor, social worker, activities director, or a medical or human service professional). Patrons can choose to have books sent based on their reading interests automatically or simply request titles over the phone or online. One book a month or ten books a week. The choice is theirs.

Best of all: Everything is free!

Perkins audio books and magazines are delivered by mail via a door to door service – no postage needed.

Easy-to-use playback equipment is loaned free.

The Library has access to over 18,000 books in Large Print.

Newspapers and magazines read over the phone.

Accessible voting materials.

The television schedule is even available.

Thousands of books can be downloaded any time of the day or night.

Like many public libraries, Perkins loans movies on DVD and Blu-Ray, but Perkins movies are special. All movies from Perkins have a separate sound track where a narrator describes key visual elements of the film so that a person with vision loss is not left guessing. The narrator speaks between the dialog not over it.

A loyal patron reflecting on almost fifty years of using these services offered the following, “Talking Books have probably been the single most important influence on my entire life. Some people say we are what we eat; I think we are what we read.”

To become a member or get more information about all of our free services please contact our Communications and Outreach Coordinator Erin Fragola by emailing erin.fragola@perkins.org or calling toll-free 1-800-852-3133.
VOLUNTEER OPPORTUNITIES
continued from page 93

Boston SCORE
10 Causeway St, Boston 02222
617-565-5591

Catholic Charities
51 Sleeper St, Boston 02110
617-482-5440

Community Teamwork, Inc
155 Merrimack St, Lowell 01852
978-459-0551

فكرندر's Metrowest
(ad on page 29)
475 Franklin St, Ste 101,
Framingham 01702
508-875-3100

MA SMP Program Volunteer
280 Merrimack St, Ste 400, Lawrence 01843
978-946-1326

Senior Corps
800-942-2677

RSVP Middlesex County
300 Commercial St, Ste 19, Malden 02148
781-324-7705

RSVP MVCSC
264 Essex St, Lawrence 01840
978-686-9407

RSVP Norfolk County
614 High St, Dedham 02026
781-329-5728

RSVP Retired Senior Volunteer
Program – City of Boston
617-635-1794

SCORE Northeast Massachusetts
Lynn Area Chamber of Commerce
Lynn 01904
978-922-9441

SOAR 55
492 Waltham St, West Newton 02465
617-969-5906 x120

SOAR 55 Satellite Framingham
Public Library
49 Lexington St, Framingham 01702
508-532-5570 x4353

United Way of Acton – Boxborough
537 Massachusetts Ave, Acton 01720
978-263-1777

United Way of Massachusetts Bay
and Merrimack Valley
51 Sleeper St, Boston 02210
617-624-8000

United Way of North Central MA
649 John Fitch Hwy, Fitchburg 01420
978-345-1572

United Way of Tri-County, Inc
46 Park St, Framingham 01702
508-872-3291

Volunteer Match – National Office
415-241-6868

WELLNESS AND EXERCISE
PROGRAMS

فكرندر's Health Centers
(ad on page 41)
73 Lexington St, Newton 02466
617-559-9900

Whenever you see the Seniors Blue Book internet icon in
front of a listing, log onto www.SeniorsBlueBook.com
to find out more information about them.
Non Medical Home Care Definitions

24 HOUR CONTACT – Refers to someone being available 24 hours a day to speak with you.

BONDED – Being bonded means that a bonding company has secured money that is available to the consumer in the event they file a claim against the company.

HOMEMAKER / COMPANION – Non-medical assistance with meal preparation, laundry, light housekeeping, errands, activities, outings, companionship and other household duties.

INSURED – This refers to what happens if someone gets hurt on the job. If the company isn’t insured, then the claim gets filed against the homeowner’s insurance. If the company is insured, then the claim gets filed against the company’s insurance.

MED-ALERT AVAILABLE – Personal medical alert products activated by pushing a button.

MEDICATION REMINDER – Assistance with reminding an individual about medications but not dispensing medications.

MINIMUM HOURS PER VISIT – This refers to the minimum number of hours that an agency provides service.

TRANSPORTATION – Rides to shopping, appointments and other outings.

WORKER’S COMP – Insurance that covers medical and rehabilitation costs and lost wages for employees injured at work.

Our readers could be reading about your Home Health Services here!

Call 978.443.8318 today to reserve your space in the next issue of the Seniors Blue Book, or email Susan@SeniorsBlueBook.com
Visiting Angels of Chelmsford is proud to be celebrating 7 years of providing dedicated and compassionate care to seniors in our community. We look forward to providing many more years of service to our treasured seniors. If you haven’t heard about Visiting Angels here is some information on what makes our agency so special.

Our homecare agency is structured so both owner operators, Wendy Bean and myself, oversee our clients’ care and customer satisfaction. We hand select a client’s caregiver team based on skill set and personality of the caregiver to provide the best of care to our client. The goal being to create a meaningful bond between the client, family members and the caregiver team. We believe that having the same caregivers for our clients is very beneficial, especially those clients that have some cognitive challenges. Our agency always introduces the caregiver to insure a good fit and a great start to the case.

We meet with case management, clients and their families for discharge planning meetings at hospitals or rehabilitation facilities, as many times as needed, to insure a smooth transition home for the client. We also provide one to one care for clients that are in assisted living, rehabilitation center and hospital settings.

We are a 24 / 7 agency with a guaranteed 15-minute call back. Our agency is structured to provide care to our clients and assistance to their families, around the clock. We develop a customized care plan for every client, which the caregiver is trained to, and our Client Case Managers monitor our care quality with frequent in home visits.

Both Wendy and I have provided home care for our parents for many years. Our Visiting Angels mission is to provide the best of home care to our treasured seniors, it is not just a job for us, it is our passion and a labor of love.

We want to take this opportunity to thank our wonderful clients and their families. And a huge thank you to our Visiting Angels caregivers that have made and continue to make our mission and vision a reality. — Wendy Bean, Carol Kilduff

978-244-0200 | www.visitingangels.com/chelmsford

Leaders in Dementia Care
America’s Choice in Homecare
Visiting Angels
LIVING ASSISTANCE SERVICES
### PREFERRED NON-MEDICAL HOME CARE AGENCIES

<table>
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<th>Agency</th>
<th>AD ON PAGE #</th>
<th>PHONE #</th>
<th>HOME MAKER / COMPANION</th>
<th>ALZHEIMER’S / DEMENTIA CARE</th>
<th>INCONTINENCE CARE</th>
<th>TRANSPORTATION</th>
<th>MEDICATION REMINDERS</th>
<th>MED-ALERT</th>
<th>LIVE-IN CARE</th>
<th>24 HOUR CARE</th>
<th>24 HOUR CONTACT</th>
<th>LIABILITY COVERAGE</th>
<th>BONDED (B) / INSURED (I)</th>
<th>WORKERS COMP (W)</th>
<th>FREE ASSESSMENT</th>
<th>PAYMENT METHODS</th>
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*PAYMENT METHODS:  PP=Private Pay / PI=Private Insurance / LT=Long Term Insurance / VA=Veteran Administration / MA=Medicaid / MC=Medicare / HM=Managed Care Insurance / AS=ASAP / O=Other

Indicates website link on seniorsbluebook.com  IBC = Inside Back Cover  BC = Back Cover

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<th>NON-MEDICAL HOME CARE AGENCIES</th>
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**PAYMENT METHODS**

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**LIABILITY COVERAGE**

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**MEDICATION REMINDERS**

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**INCONTINENCE CARE**

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**LIVE-IN CARE**

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**ALZHEIMER’S / DEMENTIA CARE**

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**HOMEMAKER / COMPANION**

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**24 HOUR CONTACT**

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*PAYMENT METHODS: PP=Private Pay / PI=Private Insurance / LT=Long Term Insurance / VA=Veteran Administration / MA=Medicaid / MC=Medicare / HM=Managed Care Insurance / AS=ASAP / O=Other

Indicates website link on seniorsbluebook.com

Continued on next page

HEALTH AT HOME – NON MEDICAL HOME CARE

NON-MEDICAL HOME CARE AGENCIES

AD ON PAGE # PHONE # HOMEMAKER / COMPANION ALZHEIMER’S / DEMENTIA CARE INCONTINENCE CARE TRANSPORTATION MEDICATION REMINDERS MED-ALERT LIVE-IN CARE 24 HOUR CARE 24 HOUR CONTACT LIABILITY COVERAGE BONDED (B) / INSURED (I) WORKERS COMP (W) FREE ASSESSMENT PAYMENT METHODS* MINIMUM HRS PER VISIT

*PAYMENT METHODS: PP=Private Pay / PI=Private Insurance / LT=Long Term Insurance / VA=Veteran Administration / MA=Medicaid / MC=Medicare / HM=Managed Care Insurance / AS=ASAP / O=Other
## Non-Medical Home Care Agencies (cont’d)

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*PAYMENT METHODS:  PP=Private Pay / PI=Private Insurance / LT=Long Term Insurance / VA=Veteran Administration / MA=Medicaid / MC=Medicare / HM=Managed Care Insurance / AS=ASAP / O=Other

Indicates website link on seniorsbluebook.com

Continued on next page
### Non-Medical Home Care Agencies (cont'd)

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**Indicates website link on seniorsbluebook.com**
**NON-MEDICAL HOME CARE AGENCIES (cont'd)**

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## SYNERGY HomeCare

The Right Choice Home Care, LLC
United Cerebral Palsy of MetroBoston
Visiting Angels of Acton

## Visiting Angels of Chelmsford

Visiting Angels of Medford
Visiting Angels of Canton

## Visiting Angels of Sudbury

Visiting Angels of Newton

## VNA Care – Woburn Office

ADDITIONAL NON-MEDICAL HOME CARE AGENCIES

City Home Care, LLC
Bayada Home Health Care – Norwood
Beyond Healthcare Agency
BrightStar Care Wakefield

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BC = Back Cover
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BOSTON METRO WEST – FALL 2017 - SPRING 2018

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- Alzheimer’s and Dementia care
- Medication reminders
- And more
24 HOUR CARE – Refers to “round the clock treatment” in a home environment. The care may be shared by multiple caregivers or by a single caregiver.

CARDIAC CARE – Refers to services including patient assessment, specific diet information, and management of the disease process, medication management and education. Cardiac care is a program designed to help a person with heart disease return to health. Cardiac care may consist of exercise, modifying risk factors to prevent further heart damage, or psychological rehabilitation.

DIABETIC CARE – Refers to services including patient assessment specific diet information, management of the disease process, medication management and education on all the above. Services are provided by Registered Nurse under the supervision of a M.D. Some agencies may have certified diabetic nurse instructors or cardiac care specialty RN’s in their employ.

ENTERAL FEEDING – Enteral feeding, or tube feeding, is a way to deliver nutrients through a tube if you cannot take food or drink through your mouth.

HOUR MINIMUM – The least number of hours a Non-Medical Home Care Agency will be available for hire. Medicare certified Home Health Agencies are not on a specified time frame.

HOSPICE – Refers to a comprehensive program of care to patients and families facing a life threatening illness. Hospice emphasizes palliative rather than curative treatment. The dying are comforted. Professional medical care is given, and sophisticated symptom relief provided.

INTRAVENOUS THERAPY (IV) – Refers to any medical treatments/medications that need to be introduced into the body via a patient’s veins. Numerous IV Therapies can be provided in a patient’s home under supervision of a MD. Some of these

Continued on page 118

Eden Home Health Care, LLC
We provide home physical therapy, occupational therapy, speech therapy, social work, home health aides, personal care attendants, and home makers.

781-202-5401  781-202-5404
edenhomehealthcare.com  info@edenhomehealthcare.com
Addiction rates are increasing in older adults. 17% of this age group struggles with substances and by 2020 the number is expected to double. Prescription overdose deaths in older adults outrank heroin overdoses in young people.

The term “accidental addict” is often associated with adults 50 years and older who develop problems with alcohol or other drugs. They may have prescriptions for prescription pain pills, sleeping pills or anti-anxiety medications. Mix that, with more free time, isolation, their usual one or two drinks along with a slowing metabolism and the potential for addiction becomes greater.

Stigma, shame and denial prevent people from getting help. Sometimes, it’s difficult to distinguish between the signs of aging and those of alcohol or other drug misuse, delaying necessary treatment.

While a personal decision is the first step in facilitating and maintaining sobriety, additional support from members of a healthcare team like prescribers, therapists, social workers and family members, go a long way in improving the odds of successful rehabilitation. Home health agencies are playing an integral role in providing these essential supports to a recovering member.

At some home health companies like Middlesex Healthcare Services, one of the main objectives is to receive you in whatever state of recovery you’re in and become part of your journey to rehabilitation. They can assist with medication management, extensive education on proper medication use, desired effects and adverse effects. They can monitor response to medication and offer much needed liaison with other healthcare professionals to ensure successful treatment.

As part of the recovery process, they recognize the challenges of planning and adhering to the regular appointments with therapists, caseworkers, psychologists and prescribers. Some agencies offer two free rides every month for your appointments.

If you are concerned about a loved one, or your own potential for addiction, please reach out to an experienced professional for guidance on a program designed specifically for the older adult. The good news is that people respond quickly when they get the right help.

Please feel free to call us at (978) 655-4749 to discuss your rehabilitation needs and options available.

Editor’s Note: This article was submitted by Mercy Irura, RN, Middlesex HealthCare Services. See ad on Inside Back Cover.
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## Health at Home - Home Health Agencies

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*PAYMENT METHODS: PP=Private Pay / PI=Private Insurance / LT=Long Term Insurance / VA=Veteran Administration / MA=Medicaid / MC=Medicare / HM=Managed Care Insurance / AS=ASAP / O=Other

**THERAPIES: S=Speech / P=Physical / O=Occupational / R=Respiratory

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### Additional Home Health Care Agencies

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</table>
Home Health Care Definitions
continued from page 110

include: inter-infective/antibiotic therapies, hydration therapy, pain management, chemotherapy and central line care and maintenance.

PRIVATE DUTY PERSONAL CARE – Assistance with Activities of Daily Living (ADL’s), homemaking, companionship and other non-medical in home care. These services are available for hire after, or in conjunction with, Medicare certified services. Private payment, Medicaid and Veterans Benefits are a few of the ways personal care can be paid for.

PSYCHIATRIC CARE – Refers to the agencies’ ability to offer services related to psychiatric support with the prevention, diagnosis, and treatment of mental illness. Services may include counseling or administering of medications.

SOCIAL WORKER – A clinical social worker whose purpose in health care is to enhance, promote, maintain, and restore the best possible social abilities of the patient or family. Services provided may be preventive, developmental, or remedial in nature.

THERAPY SERVICES (ST, PT, OT, RT) –

Speech Therapy – Refers to services to assess and treat speech and swallowing disorders. Speech therapy can treat speech, language, cognitive skills or swallowing.

Physical Therapy – Refers to services for the treatment and the rehabilitation process where a physical therapist will often stretch, strengthen, facilitate muscles, challenge balance, test coordination abilities, teach home exercise programs and enhance basic mobility skills.

Occupational Therapy – Refers to services to assess and treat patients to improve their ability to perform tasks in their daily living and working environments. Patients may have mental, physical, developmental, or emotional disabilities. Therapists also help them to develop, recover, or maintain daily living and work skills. Occupational therapists help clients not only to improve their basic motor functions and reasoning abilities, but also to compensate for permanent loss of function.

Respiratory Therapy – Refers to services for care of patients with deficiencies and abnormalities associated with the cardiopulmonary system. It may include the therapeutic use of medical gases and their equipment, environmental control systems, humidification, aerosols, ventilator support, bronchi pulmonary drainage and exercise, respiratory rehabilitation, assistance with cardiopulmonary resuscitation, and maintenance of natural, artificial, and mechanical airways.
Physical Therapy – Refers to services for the treatment and the rehabilitation process where a physical therapist will often stretch, strengthen, facilitate muscles, challenge balance, test coordination abilities, teach home exercise programs and enhance basic mobility skills.

Occupational Therapy – Refers to services to assess and treat patients to improve their ability to perform tasks in their daily living and working environments. Patients may have mental, physical, developmental, or emotional disabilities. Therapists also help them to develop, recover, or maintain daily living and work skills. Occupational therapists help clients not only to improve their basic motor functions and reasoning abilities, but also to compensate for permanent loss of function.

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TRACH CARE – Refers to care administered to patients who have undergone a tracheotomy. A tracheotomy is a surgical procedure in which a cut or opening is made in the windpipe (trachea). The surgeon inserts a tube into the opening to bypass an obstruction, allow air to get to the lungs, or remove secretions.

WOUND CARE – Refers to services for providing diagnosis and treatment for ulcers, pressure sores and other wounds. Treatments may include but is not limited to irrigations, dressing, and wound vats. Some agencies may employ specialty nurses to provide and instruct in care specifically for patients with more complicated wounds.

Hospice Care Definitions

HOSPICE (See definition in home health grid definitions)

Services Provided:

N-Nurse – Assesses patient’s physical needs, develops and coordinates the plan of care, ensures symptom control and management, provides patient/family teaching as needed.

SSW-Social Worker – Assesses patient and family emotional and social needs, develops a plan of care, provides counseling, referrals and support to meet identified needs.

Chaplain – Assesses patient and family spiritual needs, develops a plan of care, provides counseling, assists with memorial preparations.

Home Health Aide – Provides direct personal care to patient, emotional support to patient and family, reports identified needs to RN.

Volunteer – Provides respite and needed non-medical services for patients and their families, offers support at time of death and during bereavement.

Levels of Care:

RO-Routine Care – Occurs when regularly scheduled visits are adequate in maintaining the individual’s symptom management. Care is provided at the individual’s residence, this can be their private home, a retirement community, an assisted living, or a skilled nursing facility.

RE-Respite Care – Provided when the family needs time to rest or go out of town for a short time. Ideally, this service is provided for five consecutive days. Care may be provided in a long-term care facility depending on the condition of the individual. Hospice is responsible for financial arrangements with the Long-term care facility, at no cost to the patient or the family.

GIP – General In-Patient Care – Provided in a skilled nursing facility when the symptoms cannot be managed elsewhere. The skilled nursing facility must have 24-hour

Continued on page 124
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<th>HOSPICE CARE PROVIDERS</th>
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- MC=Medicare
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- O=Other

**SERVICES PROVIDED**
- RN=Registered Nurse
- SW=Social Worker
- C=Chaplain
- V=Volunteer

**LEVELS OF CARE**
- RO=Routine
- RE=Respite
- G=General In-Patient Care
- CC=Continuous Care

**THERAPIES - HOSPICE**
- A=Aroma
- MA=Massage
- Mu=Music
- P=Pet

**PALLIATIVE CARE**
- A=Aroma
- MA=Massage
- Mu=Music
- P=Pet

**HOSPICE HOUSE**
- P=Pet

**GRIEF SUPPORT GROUPS**
- P=Pet

**24/7 ADMISSIONS**
- P=Pet

**PAIN PUMPS AVAILABLE**
- P=Pet

**MULTI-LINGUAL**
- Ma=Massage

**HOME HEALTH AGENCY**
- Ma=Massage

**INDIGENT PATIENTS**
- Mu=Music

**IN-PATIENT CARE**
- Mu=Music

**PCP OVERSIGHT**
- Mu=Music

**HOSPICE HOUSE**
- Mu=Music

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**LEVELS OF CARE**
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- RE=Respite
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**SERVICES PROVIDED**
- RN/SW=Registered Nurse/Social Worker
- CH=Chaplain
- V=Volunteer

**PHONE #**
- 617-792-0500

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**PALLIATIVE CARE: 24/7 Admissions / Pain Pumps Available / Grief Support Groups
**THERAPIES - HOSPICE: A = Aroma / MA = Massage / MU = Music / P = Pet
**HOSPICE HOUSE: Levels of Care: RO = Routine / RE = Respite / GIP = General In-Patient / CC = Continuous Care
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Indicates website link on seniorsbluebook.com
R.N. coverage as deemed by Medicare guidelines. General in-patient care is usually short in duration. This level of care is usually due to symptoms which are out of control and more intensive nursing services are required. If an individual is at a care facility, room and board are covered by hospice during this period.

**CC-Continuous Care** – Provided to prevent the individual from going to the hospital when a crisis occurs. Continuous care also is given when more help is needed to assist the individual and family in coping with the crisis. This level of care is usually provided at the individual’s residence no matter where that may be. The criteria for continuous care may include: Severe pain or symptoms which are out of control, psychotic episodes, breakdown of caregiver, imminent death and family unable to cope. Continuous care is typically reserved for end of life or other crises that requires a constant presence by a nurse or care team.

**24/7 ADMISSIONS** – Can a patient be admitted to the particular hospice agency 24/7? If a patient qualifies for hospice care, they should be admitted as early as the family requests. Many agencies admit patients to hospice, 24/7, evenings weekends, and holidays.

**GRIEF SUPPORT GROUPS** – Grief is the normal and universal reaction humans have to the loss of those they love. When your loved one passes, you may go through a period of bereavement and experience grief. Each hospice agency will have a grief and bereavement support program. Many provide grief groups that meet and address issues of grief in a supportive group setting.

**INDIGENT PATIENTS** – Does the hospice accept non funded or indigent patients? This is usually on a case by case basis and at the determination of the hospice company. Many have a non-profit organization that can help support the care of non-covered patients. Many Hospice agencies utilize social workers to help find resources for indigent families.

**LICENSED MASSAGE THERAPY** – Massage has become one of the fastest growing trends in therapy for hospice patients. Used as a method for relaxation to alleviate stress, anxiety and pain with a light hands-on approach, as well as providing an alternative to those who can’t take medication or prefer not to, massage therapy has become essential in hospice care. This is not reimbursed by Medicare; it is an added benefit that select hospice...
companies have decided to provide for their patients.

**MUSIC THERAPY** – Music Therapy is an established healthcare profession that uses music to address physical, emotional, cognitive, and social needs of individuals. A music therapist is not just a music performer, but actually trained in counseling and music. A music therapist creates goals and objectives for their patients and uses music activities and music experiences (listening, composition, improvisation, or playing/singing a familiar song) in order to achieve those goals. This is not reimbursed by Medicare; it is an added benefit that select hospice companies have decided to provide to their patients.

**PAIN PUMPS AVAILABLE** – Many patients have their symptoms controlled through oral medications. Some situations require a pain pump where medications are administered through an IV pump. If this is the case, inquire with the hospice RN case manager to see if pain pumps are available through their agency.

**PCP-OVERSIGHT** – Can the hospice patient retain their own primary care physician in addition to the hospice medical director? All hospice organizations require a medical director, a physician to oversee their care. Many times the hospice medical director will work in conjunction with the patient’s own physician. The patient, family and hospice team can determine which physicians will oversee the care and certify the hospice eligibility criteria.

**PET THERAPY** – There’s nothing like a visit from a four-legged creature to brighten the day of a terminally ill patient. Pet therapy teams visit with patients wherever they reside – at home or in professional care settings. For some patients, contact with these gentle animals evokes memories of pets in their lives, past or present. Studies have shown many benefits of pet companionship, ranging from reduced blood pressure and anxiety to relief from boredom, pain and loneliness. This service is not reimbursed by Medicare, it is an added benefit that select hospice companies have decided to provide for their patients.

**VA CONTRACT** – If the patient is not a Medicare recipient and is covered by the VA, the VA will make payments directly to their contracted agencies. If a patient is a Veteran, but is a Medicare Recipient, they may choose any Medicare approved hospice agency for their care.
AGE RESTRICTIONS – Some communities have a restriction on the youngest age they are allowed to accept. These restrictions vary by community.

ALZHEIMER’S / DEMENTIA ASSISTED LIVING COMMUNITY – Licensed assisted living facility or skilled nursing facility that specialize in delivering care to victims of Alzheimer’s and dementia. Communities are typically bedroom-style rental units with common areas for dining and activities. Many are locked for residents’ safety. Specifically trained staff usually serves the special needs of this population. Amenities vary for each community.

ASSISTED LIVING COMMUNITY – Typically apartment-style with kitchenettes and private baths. Some offer companion accommodations. Personal assistance with Activities of Daily Living (ADLs) bathing, grooming, dressing, toileting, eating and ambulation. Rates vary from an all-inclusive to base rates with levels of care. Amenities vary for each community.

DAY CARE – Any provider can elect to provide day/night services on a short or long term basis. Rates typically include a place to rest, one or two meals and snacks and activities for the day. Licensed communities are prohibited by law to promote these services without a specific license.

DEPARTMENT OF HOUSING & URBAN DEVELOPMENT (HUD) – helps apartment owners offer reduced rents to low-income tenants.

HOUSING CHOICE VOUCHER PROGRAM – (Sec 8) - find your own place and use the voucher to pay for all or part of the rent. Participating households are required to pay the greater of 10% of their gross annual income or 30% of their adjusted income towards rent. To qualify, a household’s annual income must not exceed the applicable income limit for the area as adjusted by family size.

(Sec 236) Property owners in this program make mortgage payments that are based on a 1% mortgage interest rate. HUD then provides a subsidy to their lender to cover the difference between 1% and the market interest rate on the property’s loan. Participating households are required to pay rent equal to the greater of 30% of their adjusted income (not to exceed the market rent) or the basic rent amount set by HUD for that particular property. Any amount paid by the household that is more than basic rent is considered excess rent, which the owner pays back to HUD in repayment of the subsidy.

INDEPENDENT HOUSING – Apartments and communities for adults
Senior Housing Definitions continued

55+ with little or no senior support services (e.g. no meals, etc...)

INTERMEDIATE CARE – 24 hour inpatient care residents who need licensed nursing supervision and supportive care, but do not require continuous nursing care. Residents may receive full assistance with ADL’s and transfers. Residents receive meds from a nurse following a doctor’s orders and may receive outpatient rehab services. Facilities may use a nurse as a their consultant and the residents receive periodic assessments from a licensed practitioner.

MEDICAID WAIVER – An assisted living waiver may be used to transition individuals out of nursing facilities or to provide persons at risk of institutionalization with options for remaining in their communities. Assisted living waivers are designed to provide an alternative to more costly nursing home care.

PRICE DEPENDENT ON LEVELS OF CARE – Flexible levels of service geared to accommodate different needs over time. Rates may vary depending on the changing levels of care while one maintains the same physical residence.

PUBLIC HOUSING (PH) – affordable apartments for low-income families, the elderly and persons with disabilities.

RESIDENTIAL HOME – Assisted living homes are private residential homes that typically have a small number of residents who live together and receive care from live-in caretakers. Adult family homes offer room and board for seniors who want a more private, home-like community. Assistance with activities of daily living such as bathing and dressing are provided. Amenities and nursing services vary greatly between homes. Ask about their services when you tour. They are also referred to as personal board and care homes. Most accept private pay; Medicaid in some instances.

RESPITE CARE / SHORT-TERM STAY – Otherwise known as a short-term stay. Any provider of IL, AL, ALZ or SNF care can elect to provide fully furnished accommodations to a person for a short period of time. Rates usually quoted on a daily basis and are typically inclusive of all services and amenities.

RETIREMENT COMMUNITY – Housing designed specifically for mature adults. Typically Studio, 1 BR or 2 BR rental apartments with full kitchens, and private baths are available. Services include meal plans, transportation, housekeeping, laundry and maintenance. Amenities are usually abundant; formal libraries, computer stations, swimming pools, gardens,

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**Indicates website link on seniorsbluebook.com**

& = Call  Sm = Small   C = Cats Only

FREE PLACEMENT SERVICE

Too many Assisted Living options?  Don’t know where to start? CALL US!

- Assisted Living Communities
- Alzheimer’s & Dementia Care
- Independent Living Communities
- Personalized Touring of Communities

Call Jon Younger  508-878-8878
toll free 855-562-7747
jyounger@assistedlivinglocators.com

nemass.assistedlivinglocators.com
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*MR = Medicaid Rates / IB = Income Based / PH = Public Housing / IR = Income Restrictions / Sub = Subsidized / TC = Tax Credit*

*Indicates website link on seniorsbluebook.com*
<table>
<thead>
<tr>
<th>RETIREMENT COMMUNITY</th>
<th>PHONE #</th>
<th># OF UNITS</th>
<th>LOWEST STARTING PRICE</th>
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<td>One Harvest Ctr</td>
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<tr>
<td>Community – Bruyere Gardens</td>
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**PETS**
- Rivercourt Residences: ●
- Golden Pond: ●
- Lawrence: ●
- Southwick: ●
- Brookhaven: ●
- One Harvest Ctr: ●
- Commons in Lincoln, The: ●
- D'Youville Life & Wellness Community: ●

**FITNESS CENTER**
- Rivercourt Residences: ●
- Golden Pond: ●
- Lawrence: ●
- Southwick: ●
- Brookhaven: ●
- One Harvest Ctr: ●
- Commons in Lincoln, The: ●
- D'Youville Life & Wellness Community: ●

**SCHEDULED TRANSPORTATION**
- Rivercourt Residences: ●
- Golden Pond: ●
- Lawrence: ●
- Southwick: ●
- Brookhaven: ●
- One Harvest Ctr: ●
- Commons in Lincoln, The: ●
- D'Youville Life & Wellness Community: ●

**COVERED PARKING**
- Rivercourt Residences: ●
- Golden Pond: ●
- Lawrence: ●
- Southwick: ●
- Brookhaven: ●
- One Harvest Ctr: ●
- Commons in Lincoln, The: ●
- D'Youville Life & Wellness Community: ●

**ACTIVITIES**
- Rivercourt Residences: ●
- Golden Pond: ●
- Lawrence: ●
- Southwick: ●
- Brookhaven: ●
- One Harvest Ctr: ●
- Commons in Lincoln, The: ●
- D'Youville Life & Wellness Community: ●

**HOUSEKEEPING**
- Rivercourt Residences: ●
- Golden Pond: ●
- Lawrence: ●
- Southwick: ●
- Brookhaven: ●
- One Harvest Ctr: ●
- Commons in Lincoln, The: ●
- D'Youville Life & Wellness Community: ●

**MEALS / MEAL OPTIONS**
- Rivercourt Residences: ●
- Golden Pond: ●
- Lawrence: ●
- Southwick: ●
- Brookhaven: ●
- One Harvest Ctr: ●
- Commons in Lincoln, The: ●
- D'Youville Life & Wellness Community: ●

**RETIREMENT COMMUNITY**
- Rivercourt Residences: ●
- Golden Pond: ●
- Lawrence: ●
- Southwick: ●
- Brookhaven: ●
- One Harvest Ctr: ●
- Commons in Lincoln, The: ●
- D'Youville Life & Wellness Community: ●

**LOWEST STARTING PRICE**
- Rivercourt Residences: $4,100
- Golden Pond: $3,200
- Lawrence: $1,260
- Southwick: $1,500
- Brookhaven: $3,800
- One Harvest Ctr: $3,800
- Commons in Lincoln, The: $3,800
- D'Youville Life & Wellness Community: $3,800

**# OF UNITS**
- Rivercourt Residences: 19
- Golden Pond: 38
- Lawrence: 106
- Southwick: 22
- Brookhaven: 238
- One Harvest Ctr: 168
- Commons in Lincoln, The: 168
- D'Youville Life & Wellness Community: 63

**PHONE #**
- Rivercourt Residences: 978-448-4122
- Golden Pond: 508-435-1250
- Lawrence: 978-682-7575
- Southwick: 978-682-1614
- Brookhaven: 781-863-9660
- One Harvest Ctr: 781-430-6000
- Commons in Lincoln, The: 781-569-1023
- D'Youville Life & Wellness Community: 978-569-0123
<table>
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<th>Community</th>
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<th># of Units</th>
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<th>Type</th>
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<tr>
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</tbody>
</table>

**Continued on next page**
| PETS | FITNESS CENTER | SCHEDULED TRANSPORTATION | COVERED PARKING | ACTIVITIES | HOUSEKEEPING | MEALS / MEAL OPTIONS | SECURED MEMORY CARE UNIT | SKILLED NURSING FACILITY | ASSISTED LIVING CMNTY | STUDIO (S) | 1-BEDROOM (1) | 2-BEDROOM (2) |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| In | In | | | | | | | | | | |

### SOMERVILLE

- **Jeanne Jugan Residence**, 186 Highland Ave, Somerville 02143 617-776-4420 26
  - 1
  - 1
  - 2

- **Somerville Home**, 117 Summer St, Somerville 02143 617-776-0260 6
  - 1
  - 1

### SUDBURY

- **Orchard Hill at Sudbury**, 761 Boston Post Rd, Sudbury 01776 978-443-0080 45
  - $3,650
  - Sm

### TOWMSBURY

- **Bayberry at Emerald Court**, 2000 Emerald Ct, Tewksbury 01876 978-640-0194 73
  - $4,400

### WALTHAM

- **Brightview Wakefield**, 21 Crescent St, Wakefield 01880 781-898-3490 131
  - $4,700

### WATERTOWN

- **Residence at Watertown Square**, The 20 Summer St, Watertown 02472 617-924-8100 65
  - $5,200

### WAYLAND

- **Carriage House at Lee’s Farm**, 134 Boston Post Rd, Wayland 01778 508-358-2800 33
  - $5,620

- **Traditions of Wayland**, 10 Green Way, Wayland 01778 508-358-0700 66
  - $3,900

### WELLESLEY

- **Waterstone at Wellesley**, 23 Washington St, Wellesley 02481 781-235-1614 82
  - $6,305

### WESTBOROUGH

- **The Willows at Westborough**, 1 Lyman St, Westborough 01581 508-898-3490 196
  - $2,336

### WESTON

- **Maplewood at Weston**, 99 Norumbega Rd, Weston 02493 781-899-5505 40
  - $6,000

### WESTWOOD

- **Fox Hill Village**, 10 Longwood Dr, Westwood 02090 781-493-6805 340
  - $2,086

### WILMINGTON

- **Windsor Place of Wilmington**, 92 West St, Wilmington 01887 978-988-2300 57
  - $4,675

### WINCHESTER

- **Gables at Winchester**, The, 299 Cambridge St, Winchester 01890 781-756-1026 123
  - $5,350

### WINTHROP

- **The Arbors at Winthrop**, 46 Lincoln St, Winthrop 02152 155 617-207-3009 89
  - $2,825

### WOBURN

- **Country Club Heights Brightview 3**, Rehabilitation Way, Woburn 01801 781-935-4094 64
  - $3,600

- **New Horizons at Choate**, 21 Warren Ave, Woburn 01801 781-932-8000 98
  - $2,425

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MR = Medicaid Rates / IB = Income Based / PH = Public Housing / IR = Income Restrictions / Sub = Subsidized / TC = Tax Credit

Indicates website link on seniorsbluebook.com

& = Call  Sm = Small / C = Cats Only
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<thead>
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<th>Community</th>
<th>Address</th>
<th>Phone</th>
<th>Units</th>
<th>Lowest Starting Price</th>
<th>Studio (S)</th>
<th>1-Bedroom (1)</th>
<th>2-Bedroom (2)</th>
<th>Assisted Living Community</th>
<th>Skilled Nursing Facility</th>
<th>Secured Memory Care Unit</th>
<th>Meals / Meal Options</th>
<th>Housekeeping</th>
<th>Activities</th>
<th>Covered Parking</th>
<th>Scheduled Transportation</th>
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<th>Pets</th>
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- Indicates website link on seniorsbluebook.com
- © = Call
- Sm = Small / C = Cats Only
Remember that time a woman in the post office ran over to you, gave you a big hug and asked about your children? You had no idea who she was, yet it was pretty clear that she knew you.

OK, maybe you don’t remember, but don’t jump to conclusions. Not all memory loss is a symptom of Alzheimer’s disease. Memory problems and other symptoms of cognitive decline can range from the natural forgetfulness of normal aging to full blown dementia and be caused by a number of afflictions, not limited to Alzheimer’s disease, some treatable and some not.

**Normal Aging** As healthy people age they may miss an appointment here or there or forget someone’s name or face, but the memory lapse will not be significant enough to affect safety or normal activities. They may have some word-finding difficulty or the occasional misplaced item, but given enough time they will eventually be able to figure it out.

**Mild Cognitive Impairment** Someone with Mild Cognitive Impairment (MCI) may have trouble with familiar tasks, but not significant enough to affect their ability to eat, get dressed, or maintain proper hygiene. They can find it difficult to follow conversations, books or movies and be challenged by making decisions and solving problems. Loved ones may also notice mood swings, poor judgment, or withdrawal from social activities. Approximately 20% of people with MCI will return to normal cognitive function within a few years, though some will remain at this stage and others will develop Alzheimer’s disease or other dementia.

**Is it Dementia?** Vitamin and hormone deficiencies, depression, medication side-effects, infections and brain tumors can cause symptoms similar to dementia. If you are experiencing symptoms that you find troubling or that impact your daily life, see a doctor right away so that a treatable condition is handled correctly. If symptoms indicate MCI, Alzheimer’s or other dementia-causing disease, early diagnosis will mean early access to support, treatments and medication.

**What Can We Do?** Scientists are actively studying MCI, especially since we know that those with Alzheimer’s disease or similar diseases may not show symptoms for many years. Greater Boston has two Alzheimer’s Research Centers, Boston University Alzheimer’s Disease Center, with which Concord Park is affiliated, and one at Harvard Medical School. Learn more about research participation and their current studies on their websites.

---

**Editor’s Note:** This article was submitted by Mary Baum, Director of Compass Memory Support Programs at Concord Park Assisted Living in Concord and may be reached at mbaum@concordpark.net or 978-369-4728. See ad on page 137.
We believe that as we age, we shouldn't have to compromise our independence.

With researched-based arts, learning and fitness programs and leadership in brain healthy cooking, we help our residents stay sharp, social and independent.

**GREATER BOSTON**
- COMPASS ON THE BAY, South Boston*
- CORNERSTONE AT CANTON, Canton*
- THE CAMBRIDGE HOMES, Cambridge
- FORESTDALE PARK, Malden*
- GODDARD HOUSE, Brookline*
- JOHN F. KENNEDY APARTMENTS, Cambridge
- NEVILLE PLACE, Cambridge*
- STANDISH VILLAGE, Dorchester/Lower Mills

**SOUTHEASTERN MA / CAPE COD**
- CAPE COD SENIOR RESIDENCES, Bourne

**CENTRAL MASS**
- CONCORD PARK, Concord*
- CORNERSTONE AT MILFORD, Milford*
- NASHOBA PARK, Ayer

**NORTHEAST / NH**
- CORNERSTONE AT HAMPTON, Hampton, NH*
- METHUEN VILLAGE, Methuen*

**WESTERN MA**
- ARMBROOK VILLAGE, Westfield*

*These communities feature a Compass Memory Support Neighborhood

Independent Living | Assisted Living | Compass Memory Support®

www.SeniorLivingResidences.com
Aging in Place is a strategy that supports people remaining in their residence of choice for as long as they are able and as their physical abilities change. Our traditional homes and communities in America don’t necessarily provide the flexibility required to age in place. A house presents increasingly difficult physical obstacles for seniors (stairs, basement & attics, and standard bathrooms).

One viable proactive option is an assisted living community. By moving to a more appropriate residential setting seniors can organize and down-size so they can continue to live in comfort without the burden and demands of owning property. Families can proactively support their loved ones instead of needing to react to challenging situations with limited options. Residents of assisted living communities easily transition in and out of daily routines and chores with an “a la carte” menu of services customized to meet each resident’s evolving needs. Adjustments to chores such as; laundry, meal preparation, distribution of medications, transportation and other services can be adapted to match the changing lifestyle needs of a person “aging in place”. Knowing these personal services can be changed as needed is reassuring to seniors and to their families.

The most beneficial component of an assisted living community is safety and oversight. Aging in place in an assisted living environment comes with the security of knowing that trained and qualified professionals are always nearby to help residents with medical emergencies or logistical challenges.

An assisted living environment can enhance independence, relieving the resident of the worries associated with owning a home while offering a variety of activities, discussion groups, and entertainment options. New friendships are made; old friends visit and enjoy the amenities as guests of assisted living residents. Special events and holiday celebrations weave a sense of community that’s a healthy counterweight to the threat of loneliness and isolation that may come with aging. Spiritual support is often offered across all religious traditions.

Embracing the Aging in Place mentality is a positive way to approach our senior years. It requires careful thinking, advanced planning, and exploring options that allow seniors to live in a flexible, independent environment. Assisted living communities should be part of the discussion. Seniors who can access adaptable services to meet their changing needs have minimal disruption to their lives and focus on being positive and productive members of a community that respects and values them – the very definition of successful aging in place!

Editor’s Note: This article was submitted by Scott Brigante, Director of Communications & Community Outreach for Youville House / Youville Place Assisted Living. See ad on page 138.
Indicates website link on seniorsbluebook.com

Assisted Living Communities

139

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Editor's Note: This article was submitted by Scott Brigante, Director of Communications & Community Outreach for Youville House / Youville Place Assisted Living. See ad on page 138.

Youville House
Youville Place
Assisted Living Residences

Youville Assisted Living communities are wonderful options for seniors who wish to stay as active and independent as possible, while having access to needed services and support. Residents experience a warm, caring community with socialization opportunities built into the everyday experience.

Youville is committed to helping residents stay active and engaged. Yoga classes, lectures, and concerts are just some of the opportunities residents have to stay active. Youville also offers regularly scheduled outings and trips to local cultural events, restaurants and shopping.

Ask about The Courtyard at Youville Place, our community for those in need of memory support.

Youville House
1573 Cambridge Street
Cambridge, MA 02138
617.491.1234

Youville Place
10 Pelham Road
Lexington, MA 02421
781.861.3535

www.youvilleassistedliving.org
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Indicates website link on seniorsbluebook.com
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Sm = Small / C = Cats Only
= Call

TC = Tax Credit
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**Sm = Small / C = Cats Only**  
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**Indicates website link on seniorsbluebook.com**  
**Sm = MR = Medicaid Rates / IB = Income Based / PH = Public Housing / IR = Income Restrictions / Sub = Subsidized / TC = Tax Credit**  

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*Sm = Small / C = Cats Only / © = Call / Sm = MR = Medicaid Rates / IB = Income Based / PH = Public Housing / IR = Income Restrictions / Sub = Subsidized / TC = Tax Credit*
## ASSISTED LIVING COMMUNITIES

### ASSISTED LIVING COMMUNITIES

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**Notes:**
- **Sm = Small / C = Cats Only**
- **= Call**
- **Indicates website link on seniorsbluebook.com**
- **Continued on next page**
## Assisted Living Communities

### Dedham

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<th>Private</th>
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<th>Secured Memory Care</th>
<th>Wanderguard</th>
<th>Geripsych</th>
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### Dracut

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### Framingham

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<td>Atria Maplewood Place Sr Living , 295 Broadway, Malden 02148</td>
<td>781-218-3308</td>
<td>98</td>
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<td>59</td>
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Sm = Small / C = Cats Only  
( ) = Call  
Indicates website link on seniorsbluebook.com
# ASSISTED LIVING COMMUNITIES

**MARLBOROUGH**

**Christopher Heights of Marlborough**
99 Pleasant St, Marlborough 01752

<table>
<thead>
<tr>
<th># of Units</th>
<th>Phone #</th>
<th>Lowest Starting Price</th>
<th>Medicaid</th>
<th>Residential Home</th>
<th>Semi-Private Rooms</th>
<th>Private Rooms</th>
<th>Skilled Nursing Facility</th>
<th>Memory Care Unit</th>
<th>Privilege Care</th>
<th>Pets</th>
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<tr>
<td></td>
<td>508-573-1200</td>
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<td>●</td>
<td>●</td>
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**New Horizons at Marlborough**
400 Hemenway St, Marlborough 01752

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<th>Phone #</th>
<th>Lowest Starting Price</th>
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<th>Skilled Nursing Facility</th>
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**Robbie's Place, 400 Hemenway St, Marlborough 01752**

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<th>Phone #</th>
<th>Lowest Starting Price</th>
<th>Medicaid</th>
<th>Residential Home</th>
<th>Semi-Private Rooms</th>
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<th>Skilled Nursing Facility</th>
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<td>22</td>
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**MELROSE**

**Fitch Home, Inc, The, 75 Lake Ave, Melrose 02176**

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<th>Phone #</th>
<th>Lowest Starting Price</th>
<th>Medicaid</th>
<th>Residential Home</th>
<th>Semi-Private Rooms</th>
<th>Private Rooms</th>
<th>Skilled Nursing Facility</th>
<th>Memory Care Unit</th>
<th>Privilege Care</th>
<th>Pets</th>
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</thead>
<tbody>
<tr>
<td>20</td>
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**Oosterman's Melrose Rest Home, 93 Laurel St, Melrose 02176**

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<th>Phone #</th>
<th>Lowest Starting Price</th>
<th>Medicaid</th>
<th>Residential Home</th>
<th>Semi-Private Rooms</th>
<th>Private Rooms</th>
<th>Skilled Nursing Facility</th>
<th>Memory Care Unit</th>
<th>Privilege Care</th>
<th>Pets</th>
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</thead>
<tbody>
<tr>
<td>26</td>
<td>781-665-3188</td>
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**The Residence at Melrose Station, 158 Essex St, Melrose 02176**

<table>
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<tr>
<th># of Units</th>
<th>Phone #</th>
<th>Lowest Starting Price</th>
<th>Medicaid</th>
<th>Residential Home</th>
<th>Semi-Private Rooms</th>
<th>Private Rooms</th>
<th>Skilled Nursing Facility</th>
<th>Memory Care Unit</th>
<th>Privilege Care</th>
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<tbody>
<tr>
<td>87</td>
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**NEWTON**

**Evans Park at Newton Corner, 430 Centre St, Newton 02458**

<table>
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<th># of Units</th>
<th>Phone #</th>
<th>Lowest Starting Price</th>
<th>Medicaid</th>
<th>Residential Home</th>
<th>Semi-Private Rooms</th>
<th>Private Rooms</th>
<th>Skilled Nursing Facility</th>
<th>Memory Care Unit</th>
<th>Privilege Care</th>
<th>Pets</th>
</tr>
</thead>
<tbody>
<tr>
<td>90</td>
<td>617-965-9400</td>
<td>$1,700</td>
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**Falls at Cordingly Dam, The, 2300 Washington St, Newton 02462**

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<th>Phone #</th>
<th>Lowest Starting Price</th>
<th>Medicaid</th>
<th>Residential Home</th>
<th>Semi-Private Rooms</th>
<th>Private Rooms</th>
<th>Skilled Nursing Facility</th>
<th>Memory Care Unit</th>
<th>Privilege Care</th>
<th>Pets</th>
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</thead>
<tbody>
<tr>
<td>90</td>
<td>617-928-0007</td>
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**Mt Ida Rest Home, Inc, 32 Newtonville Ave, Newton 02460**

<table>
<thead>
<tr>
<th># of Units</th>
<th>Phone #</th>
<th>Lowest Starting Price</th>
<th>Medicaid</th>
<th>Residential Home</th>
<th>Semi-Private Rooms</th>
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<th>Skilled Nursing Facility</th>
<th>Memory Care Unit</th>
<th>Privilege Care</th>
<th>Pets</th>
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</thead>
<tbody>
<tr>
<td>18</td>
<td>617-527-5657</td>
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**NEWTON UPPER FALLS**

**Pette House at Stone Institute**
277 Elliot St, Newton Upper Falls 02164

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<th># of Units</th>
<th>Phone #</th>
<th>Lowest Starting Price</th>
<th>Medicaid</th>
<th>Residential Home</th>
<th>Semi-Private Rooms</th>
<th>Private Rooms</th>
<th>Skilled Nursing Facility</th>
<th>Memory Care Unit</th>
<th>Privilege Care</th>
<th>Pets</th>
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<tbody>
<tr>
<td>20</td>
<td>617-527-0023</td>
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**NORTH ANDOVER**

**Ashland Farm at North Andover**
700 Chickering Rd, North Andover 01845

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<th># of Units</th>
<th>Phone #</th>
<th>Lowest Starting Price</th>
<th>Medicaid</th>
<th>Residential Home</th>
<th>Semi-Private Rooms</th>
<th>Private Rooms</th>
<th>Skilled Nursing Facility</th>
<th>Memory Care Unit</th>
<th>Privilege Care</th>
<th>Pets</th>
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**Methuen Village**
4 Gleason St, Methuen 01844

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<th>Residential Home</th>
<th>Semi-Private Rooms</th>
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<th>Skilled Nursing Facility</th>
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<tbody>
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<td>91</td>
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<td>Lowest Starting Price</td>
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<td>MedicaId</td>
<td>Rest Home</td>
<td>Residential Home</td>
<td>Semi-Private Room</td>
<td>Private Room</td>
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<tr>
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<td>508-473-8001</td>
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<td>508-460-5200</td>
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<td>Robbie's Place</td>
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<td>508-573-1200</td>
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<tr>
<td>Fitch Home, Inc, The</td>
<td>75 Lake Ave, Melrose 02176</td>
<td>781-665-0521</td>
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<tr>
<td>Oosterman’s Melrose Rest Home</td>
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<td>781-665-3188</td>
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<tr>
<td>Grace Morgan House</td>
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<tr>
<td>Methuen Village</td>
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<tr>
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<td>Wingate Residences at Needham, 235 Gould St, Needham 02494</td>
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<td>781-455-9080</td>
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<tr>
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<td>430 Centre St, Newton 02458</td>
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<tr>
<td>Falls at Cordingly Dam, The</td>
<td>2300 Washington St, Newton 02462</td>
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<td>617-527-5657</td>
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<tr>
<td>Pette House at Stone Institute</td>
<td>277 Elliot St, Newton Upper Falls 02164</td>
<td>617-527-0023</td>
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<tr>
<td>Ashland Farm at North Andover</td>
<td>700 Chickering Rd, North Andover 01845</td>
<td>978-683-1300</td>
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*Sm = Small / C = Cats Only / ☑ = Call / Indicates website link on seniorsbluebook.com*
<table>
<thead>
<tr>
<th>ASSISTED LIVING COMMUNITIES</th>
<th>AD ON PAGE #</th>
<th>PHONE #</th>
<th># OF UNITS</th>
<th>LOWEST STARTING PRICE</th>
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<td><strong>NORTH ANDOVER (cont’d)</strong></td>
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<tr>
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<td>978-686-2582</td>
<td>54</td>
<td>(€)</td>
<td>● ● ● ● ● ● ● ● ●</td>
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<table>
<thead>
<tr>
<th>NORTH CHELMSFORD</th>
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<td>Brookdale North Chelmsford 4 Technology Dr, North Chelmsford 01863</td>
<td>978-458-0099</td>
<td>60</td>
<td>(€)</td>
<td>● ● ● ● ● ● ● ● ● Sm</td>
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<thead>
<tr>
<th>NORTHBOROUGH</th>
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</thead>
<tbody>
<tr>
<td>Coleman House, 112 W Main St, Northborough 01532</td>
<td>508-351-9355</td>
<td>11</td>
<td>$3,796 Sub</td>
<td>● ● ● ● ● ● ● ● ●</td>
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<tr>
<td>Whitney Place Assisted Living Residences at Northborough 238 W Main St, Northborough 01532</td>
<td>508-393-5655</td>
<td>75</td>
<td>$4,285</td>
<td>● ● ● ● ● ● ● ● ●</td>
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<th>NORWOOD</th>
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</thead>
<tbody>
<tr>
<td>Benchmark Senior Living on Clapboardtree 40 Clapboardtree St, Norwood 02062</td>
<td>781-352-0467</td>
<td>69</td>
<td>$5,250</td>
<td>● ● ● ● ● ● ● ● ● Sm</td>
</tr>
<tr>
<td>Sunrise of Norwood, 86 Saunders Rd, Norwood 02062</td>
<td>781-762-1333</td>
<td>72</td>
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**ASSISTED LIVING COMMUNITIES**

**SCHEDULED TRANSPORTATION**

**DAY CARE**

**RESPITE / SHORT TERM STAY**

**AGE RESTRICTIONS**

**PRICE DEPENDENT LEVELS OF CARE**

**GERIPSYCH**

**WANDERGUARD**

**SECURED MEMORY CARE UNIT**

**SKILLED NURSING FACILITY**

**PRIVATE ROOMS**

**SEMI-PRIVATE ROOMS**

**RESIDENTIAL HOME**

**REST HOME**

**MEDICAID**

**LOWEST STARTING PRICE**

**# OF UNITS**

**PHONE #**

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© = Call  
Indicates website link on seniorsbluebook.com

ASSISTED LIVING COMMUNITIES
The Contract Adult Day Health Care program is made up of 20 community-based facilities that provide health maintenance services to during daytime hours for elderly and disabled Veterans. The program helps keep these Veterans in their community and provides caregivers with respite from the daily stresses of caring for them. Participating programs are located in many communities in Massachusetts.

For more than 40 years, the Contract Nursing Home (CNH) Program has maintained some level of Veteran choice in choosing a nursing home close to the Veteran’s home and family and provides some local oversight. The Contract Nursing Home Program is available to eligible Veterans for their long-term care needs at 20 selected/contracted community nursing homes.

For more information contact your local Veterans Outreach Coordinator, David Hencke, US Dept. of Veterans Affairs, VA Boston Healthcare System at 857-364-5934 or david.hencke@va.gov.

Editor’s Note: See ad on pages 80 and 90.
“Honoring resident choice, dignity and independence.”

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Fax: 508-435-2213

Please contact Lisa Jacobs, Executive Director for more information

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508-665-5300
www.heritageassistedliving.org
and other social gathering spaces. Rates are monthly, and are typically based on size/location of apartment.

**SECURED UNIT** – A secured unit dedicated to Alzheimer’s/Dementia residents to prevent wandering outside the community without supervision.

**SKILLED CARE** – 24 hour licensed nursing services, eight hours of which are RN covered. Patient may receive rehab services either inpatient or outpatient and may be fully dependent for ADL’s. Patients receive medications by an RN according to a licensed physicians orders.

**SKILLED NURSING FACILITY** – Facilities provide 24/7 care for residents and offer full assistance with ADL’s. Daily rates typically include a furnished bedroom and a private or shared bath, meals, activities, transportation, phone service, cable television and all personal/nursing care. Payor sources usually accepted are Medicare, Medicaid, VA, some insurance plans and private sources.

**TRACH CARE** - Refers to care administered to patients who have undergone a tracheotomy. A tracheotomy is a surgical procedure in which a cut or opening is made in the windpipe (trachea). The surgeon inserts a tube into the opening to bypass an obstruction, allow air to get to the lungs, or remove secretions.

**VENTILATOR** - Moves breathable air into and out of the lungs, to provide the mechanism of breathing for a patient who is physically unable to breathe, or is breathing insufficiently.

**WANDERGUARD** - Offered at some facilities. A resident with memory loss or confusion wears a small discrete pendant. Each external door in the care home is fitted with a radio detector which detects when a pendant moves near an exit. The WanderGuard will sound an audible alarm, alerting the staff of a patient wandering.
The emotional roller coaster of guilt, concern, regret, and the plethora of other feelings that go along with being a caregiver for someone with dementia and realizing that their continued health, welfare, and yours is in jeopardy is one of the most difficult realizations.

Once the decision has been reached to look for a memory care community the next question is what criteria to look at. In Massachusetts, there are many residential options where an individual with dementia can receive regular medical care as well as other personal services that will help them have a good quality of life.

There are several specific criteria to consider when exploring a community. Some of the most pertinent are the medical expertise of the staff and staffing levels, the programing or activities, and the less empirical, but as important first impression.

Every licensed community should be able to provide you with a document called the “Disclosure of Rights and Services”. This document outlines in detail the nursing staff on each shift and the ratio of staff to resident. The ratio is a good start when evaluating a community, but also look at the individuals providing the care. What experience do the nurses and aides have with caring for individuals with dementia?

Next, ask for the program calendar. Are there any trips or outings? How often? How are these trips supervised? When considering a community be sure to try and meet and spend time with the program staff. Ask them about a typical day for residents.

A memory care community should be visited several times. Things to look for:

- How do the residents look? Clean clothes, hair combed, etc.
- How does the area they are living in look? Carpets and floors clean, walls and paint in good repair?
- How are you received when visiting? Cordial greeting, offered a beverage, made to feel welcome?
- Talk to other resident’s family members. Ask them how they like the community.
- Finally, listen to your gut.

Editor’s Note: This article was written by Mike Myers, Director of Sales and Marketing for The Commons in Lincoln. See ad pages 69, 159.
For better or worse...in sickness and in health...you promised to stay together.

Let us help you keep that vow.

Couples often worry that if they move to a senior living community, they may have to live apart someday. We care for residents with different needs—right in our own community. We offer Assisted Living, Harbor Memory Care, Skilled Nursing and Rehabilitation.

The Commons in Lincoln gives you the advantages of:

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- Partnership with Mt. Auburn Hospital
- Staff that is highly-trained at Benchmark University
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Two Harvest Circle | Lincoln, MA 01773
www.TheCommonsInLincoln.com
## Memory Care Assisted Living Communities

### Preferred Memory Care Assisted Living Communities

<table>
<thead>
<tr>
<th>Community</th>
<th>Address</th>
<th>Ad On Page #</th>
<th>Phone #</th>
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<th>Lowest Starting Price</th>
<th>Price All Inclusive</th>
<th>Resident Home</th>
<th>Semi-Private Rooms</th>
<th>Private Rooms</th>
<th>Skilled Nursing Facility</th>
<th>Respite / Short Term Stay</th>
<th>Day Care</th>
<th>Nurse On Staff</th>
<th>Dr. Visits</th>
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*Sm = Small / C = Cats Only       TC = Tax Credit  ☑ = Call  Indicates website link on seniorsbluebook.com  Continued on next page*

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<tr>
<td>Stonebridge at Burlington</td>
<td>50 Greenleaf Way, Burlington 01803</td>
<td>781-272-0080</td>
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Sm = Small / C = Cats Only  
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© = Call  
Indicates website link on seniorsbluebook.com  
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MEMORY CARE ASSISTED LIVING COMMUNITIES

Indicates website link on seniorsbluebook.com

MEMORY CARE ASSISTED LIVING COMMUNITIES (cont'd)

Indicates website link on seniorsbluebook.com
### BURLINGTON (cont’d)

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<th>Phone #</th>
<th># of Units</th>
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<th>All Inclusive Price</th>
<th>Pet Policy</th>
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<td>Sunrise of Burlington</td>
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### CAMBRIDGE

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<td>Cadbury Commons</td>
<td>6 Sherman St, Cambridge 02140</td>
<td>617-868-0575</td>
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<td><strong>Neville Place</strong></td>
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<td><strong>Cornerstone at Canton</strong></td>
<td>175 Revere St, Canton 02021</td>
<td>781-821-3616</td>
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### CANTON

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<td>Brightview Canton</td>
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### CONCORD

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<td><strong>Concord Park</strong></td>
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<td>978-369-4728</td>
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<td>Gardens at Newbury Court</td>
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### DEDHAM

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<td>Brookdale Dedham</td>
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<td>NewBridge on the Charles</td>
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<td>781-234-9400</td>
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<td>Traditions of Dedham</td>
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<td>781-251-9330</td>
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<td>The Arbors at Dracut</td>
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<td>Hermitage at Framingham Senior</td>
<td>747 Water St, Framingham 01701</td>
<td>508-788-6050</td>
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<td>Rivercourt Residences</td>
<td>8 W Main St, Rte 225, Groton 01450</td>
<td>978-448-4122</td>
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<td>508-435-1250</td>
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<td>Youville Place – The Courtyard</td>
<td>10 Pelham Rd, Ste 2000, Lexington 02421</td>
<td>781-861-3535</td>
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<td>Benchmark Senior Living at The Commons</td>
<td>Two Harvest Cir, Lincoln 01773</td>
<td>781-262-3456</td>
<td>32</td>
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# Memory Care Assisted Living Communities

## Malden

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<tr>
<th>Community</th>
<th>Address</th>
<th>Phone</th>
<th># of Units</th>
<th>Lowest Starting Price</th>
<th>Medicaid</th>
<th>Price All Inclusive</th>
<th>Residential Home</th>
<th>Private Rooms</th>
<th>Skilled Nursing Facility</th>
<th>Respite / Short Term Stay</th>
<th>Day Care</th>
<th>Nurse on Staff</th>
<th>Dr. Visits</th>
<th>Secured Courtyard</th>
<th>Pets</th>
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<tbody>
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<td>Forestdale Park Senior Living Community</td>
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## Marlborough

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<th>Private Rooms</th>
<th>Skilled Nursing Facility</th>
<th>Respite / Short Term Stay</th>
<th>Day Care</th>
<th>Nurse on Staff</th>
<th>Dr. Visits</th>
<th>Secured Courtyard</th>
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<tbody>
<tr>
<td>Hearthstone at New Horizons Marlborough</td>
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## Melrose

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## Methuen

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## Milford

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Sm = Small / C = Cats Only       TC = Tax Credit

Indicates website link on seniorsbluebook.com

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*Sm = Small / C = Cats Only       TC = Tax Credit       © = Call*
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<th>PRIVATE ROOMS</th>
<th>SEMI-PRIVATE ROOMS</th>
<th>LONG-TERM CHRONIC CARE</th>
<th>VENTILATOR</th>
<th>TRACH CARE</th>
<th>DIALYSIS</th>
<th>WANDERGUARD</th>
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*PAYMENT METHODS: PP=Private Pay / PI=Private Insurance / LT=Long Term Insurance / VA=Veteran Administration / MA=Medicaid / MC=Medicare / HM=Managed Care Insurance / AS=ASAP / O=Other

Indicates website link on seniorsbluebook.com

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### SKILLED NURSING FACILITIES

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*PAYMENT METHODS: PP=Private Pay / PI=Private Insurance / LT=Long Term Insurance / VA=Veteran Administration / MA=Medicaid / MC=Medicare / HM=Managed Care Insurance / AS=ASAP / O=Other*
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Indicates website link on seniorsbluebook.com
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*PAYMENT METHODS: PP=Private Pay / PI=Private Insurance / LT=Long Term Insurance / VA=Veteran Administration / MA=Medicaid / MC=Medicare / HM=Managed Care Insurance / AS=ASAP / O=Other

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*PAYMENT METHODS: PP=Private Pay / PI=Private Insurance / LT=Long Term Insurance / VA=Veteran Administration / MA=Meadicaid / MC=Medicare / HM=Managed Care Insurance / AS=ASAP / O=Other

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Our Discharge Planners Resource Notebook is a version of Seniors Blue Book formatted specifically for use by Case Managers, Social Workers and Discharge Planners at hospitals and skilled nursing facilities throughout Boston Metro West. The DPRN is a valued resource and provides professionals with efficient access to information about services needed in planning next steps for patients leaving a facility.

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Our goal is to help patients live with respect and dignity in the community and prevent hospitalization and/or premature institutionalization.

Middlesex Healthcare Services was founded with the care values of: quality care, respect, diligence, accountability, and commitment.

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